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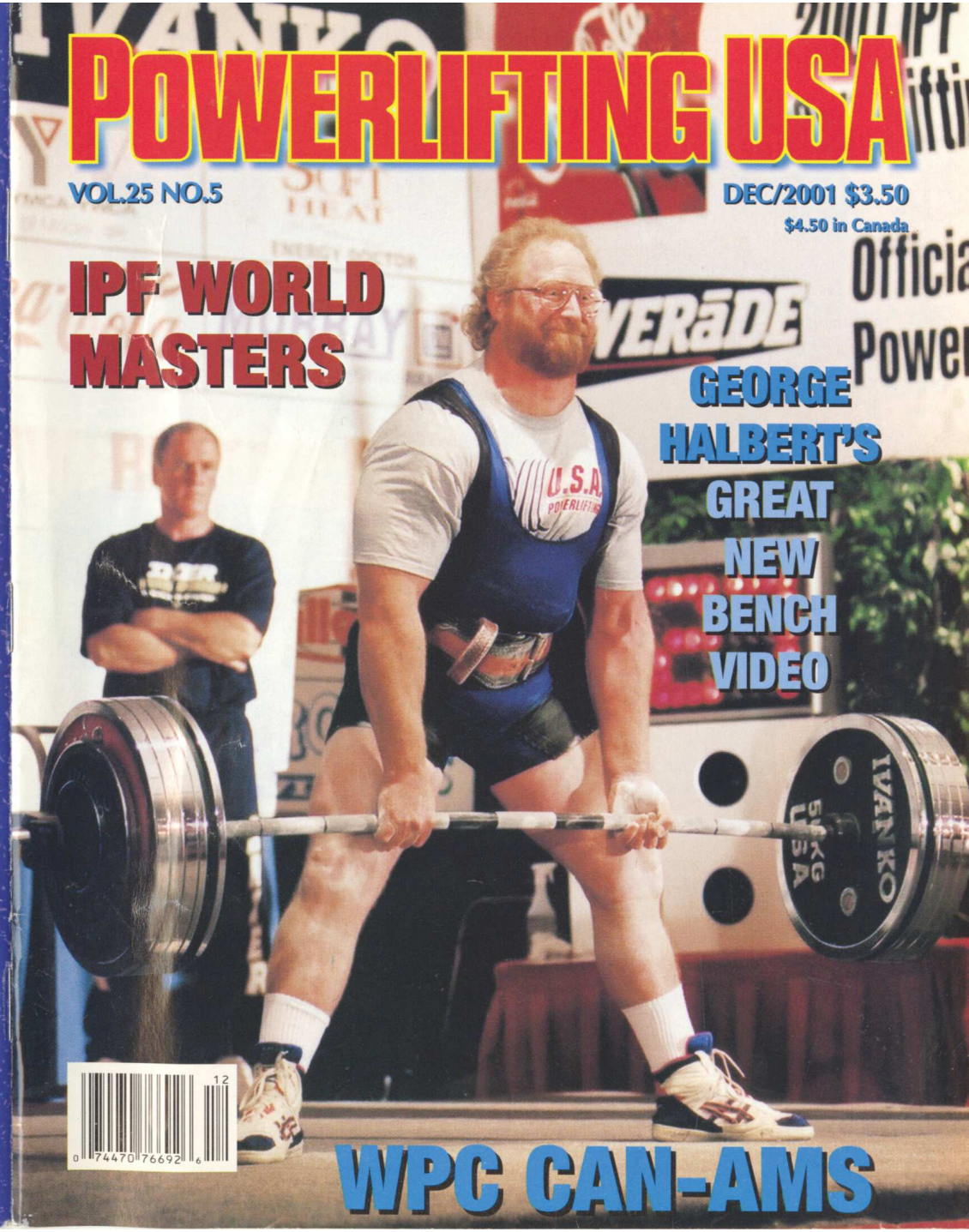

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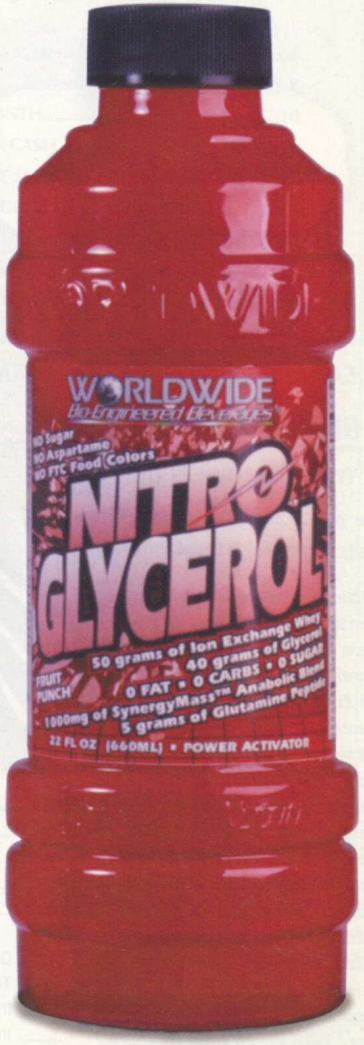

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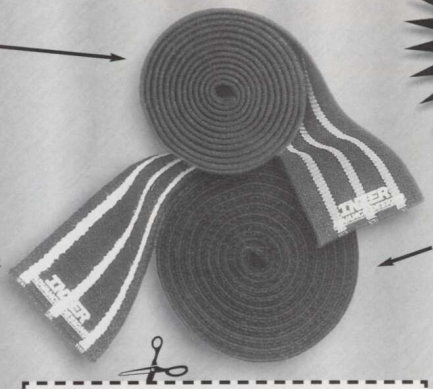

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ON THE COVER .... Shawn Cain winning another IPF Gold at the World Masters Championships. (photo by Hiro Isagawa)

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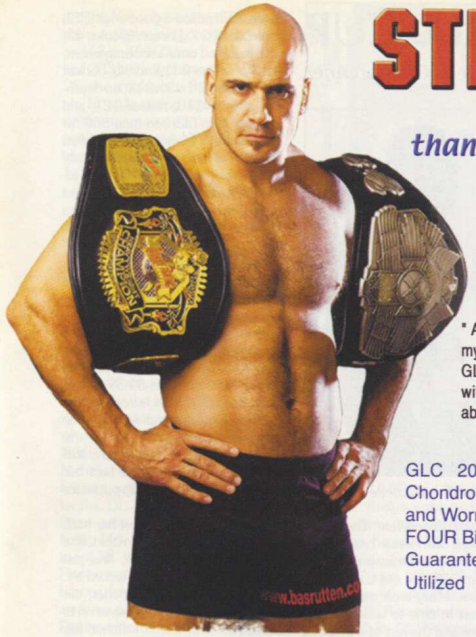

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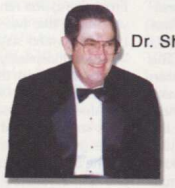

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CAN-AM WORLD CUP

as told to Powerlifting USA by Herb Glossbrenner

The tragic events and needless loss of life from the terrorist attack of September 11 seemed to affect some more than others in regards to getting on an airplane. The only apprehensiveness I had coming to Bruce Greig's CAN-AM World Cup was whether the flight schedule would be back on track three weeks following the events. I anticipated a nightmare of hassle and delay going out of Los Angeles International Airport. It turned out to be surprisingly expedient. A shuttle bus at a parking facility outside the airport whisked me right to curbside at Air Canada and there was no delay at the ticket counter. I found myself with a couple of hours to kill before my flight departed. Bruce and Wendy's daughter, Misty, picked me up at the airport and drove me to Okotoks, which took less than an hour in heavy traffic. I arrived at Bruce and Wendy's Back Alley Gym, where they were loading all the equipment for the competition on a flatbed truck. From there, it was a 2 1/2 hour drive to Lethbridge.

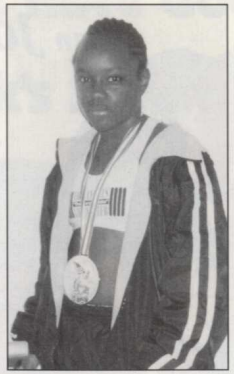
The competition was held at the DA Electric Barn, a nice, spacious facility. There was a spacious back warm-up area curtained off. The squats took place in front of a big stage and the bench press and deadlifts were done up on either side of the stage. The set-up saved the time-consuming work of having to move the "Greig Lift." This is Bruce's own creation. It is a larger version of the Monolift, using automatic hydraulics to adjust the bar height. Bruce provided three of them in the warm-up area, in addition to the one used in the competition. Bruce also used his own version of the "Pasanella bar." The bar is 30mm in thickness, compared to the 28-29mm regulation bar. It's also longer - 8 feet - compared to the 7' 2" regular Olympic bar. It weighs 80 kg. (66 lbs.), including collars, and it can bear loads of well over 1000 lbs without being "whippy." Everyone loves to use it, whether they are a small or big person.

Instead of the usual 50 kg. (110 lb.) plates, the largest discs used were 20 kg Johnson International brand, which made the work easier for the loaders. The discs also made it look like a huge amount of weight on the bar, which gave the audience a true perspective of the enormous load that was being lifted.

The bench press bar used in the competition was also thicker than standard - 30mm in diameter. It weighed 25 kg. (55 lbs.), including the collars. Its thickness may seem intimidating if you've never used it to bench, but I really liked using it!

The judging was fair and consistent; all lifters had an equal playing field. I heard nothing, but praise for the hardworking, diligent officials and workers. Bruce oversaw the meet and even worked as a spotter, while Wendy served as an eagle-eyed official. Somehow both managed to lift in their own meet and post some mighty impressive numbers. The newly founded Canadian Chiropractic Association had representatives on hand upstairs to adjust the lifters before and after they lifted. The voluntary donation of $10 Canadian (about $6.70 US) can't be beat anywhere! Sports drinks (PowerAde) and ice cream bars were free for the lifters. Hot sandwiches were available that came with free chips along with a variety of soft drinks and fruit! What more could anyone ask for?

There were 50 lifters total for the two-day powerlifting event (38 - Canada; 12 - USA) and seven more in the Bench Press event. The Canadians were wonderful hosts. The Greigs bent over backwards to extend hospitalities to out L.A. Lifting Club team. Misty took me back to the airport in time to welcome the Aviglianos and the rest of our team. From there, Joe rented a van, and we made the two-hour drive to Lethbridge, and stayed in the Best Western Hospitality Inn, a mere stone's throw from the meet site. All the Canadian lifters were friendly to the American guests. The Canadian air is smog-free and just what one needs to do their best.



13 year old *... Nichelle Whitfield*

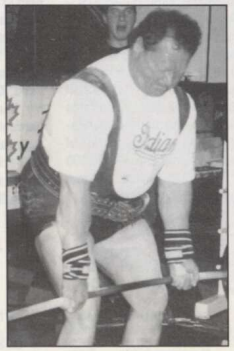
The first session kicked off Saturday morning at 9:30, and it included all the women, except two who were lifting Sunday afternoon in the OPEN division. Besides the two women, the first session included the Teens and Juniors. For easier reading, I'll report all the Women first, then all the others, and the Open lifters last.

Seven of the USA participants were from the Los Angeles Lifting Club. Joe and Nance Avigliano disrupted their own training for the WPC Worlds to help their lifters. Joe wrapped everyone's knees, put on shirts, coached and wore himself to a frazzle. Nance was the coordinator of the trip, and she saw to everything. Both were able to get a SQ & DL workout in on Friday, with Jesolva and Glossbrenner helping load and spot - a small token of appreciation for all they've done.

Liz Kert Kravitz, 18, from Bruce's Back Alley Gym, coasted to a win at 132 lbs in her Teen 18-19 division. She beat the signal on her 154 SQ opener, but repeated (good), and went on to 187 for 3 whites. Liz posted a 99 BP opener, failed 110 twice, then pulled 3 good ones (253) for a 540 TOT. Loreen Brooks, 42, with hubby Tom's encouragement, got 3W for her 231 2nd SQ, but lost the decision 2-1 with 242, on depth. She shoved 110, missed 121, and raised 2 DLs (220) to total 562 for 1st place at 114 lbs (40-44). Karen Watson, 32, also of the host club, matched Brooks' 562 TOT that afternoon to earn 1st in the 132 Open class. She succeeded nicely with a 220 SQ, but a big jump to 275 was too much. At 148 lbs, veteran performer Barbara Cameron went 8/9. She made all of her attempts except a jump to 132, after pressing 110 in her second attempt. She hit a deep 242 SQ on her third attempt, rose and pulled all of her DLs (253) for a 606 TOT. Sheri Spencer, 33, looked powerful winning her 33-39 148 lb class. Each SQ looked stronger than the last. She finished with a great 352. Sheri out-benched all the women, with 220, and pulled a 308 DL for a 903 TOT. She hurt her back trying 330 and finally put an ice bag on it.

Wendy Greig, 43, hurt her back with a 400 training SQ, I'm told. She made a great 336 here, and just missed a 352 Canadian Record try. She missed a 132 BP opener, but made it on the repeat and went on to a good lift with 143. I watched her DL warm-ups and she seemed in great discomfort. She worked up to 275, then took the platform and pulled, in turn, 308, 330 and 358. Greig totaled 837 at 123 lbs - injured - a tremendous showing. Under the tutelage of coach Joe Avigliano, Diana Fuhrman, 38, a Van Nuys, CA, high school teacher, has made the transition from overhead lifting, where she was a National USA Champion and American record holder, to powerlifting. With only three meets, counting this, in her one year of powerlifting, she motored through all three tremendous SQs: 407, 429, and finally a bar-bending 451, which is 19 lbs. in excess of triple her body-weight. Not only were her SQs deep, she actually looked good for as much as 462 or 468. Diana benched 192 and 203 but misgrooved 214. In the DL, she employs the flat-back Olympic lift style, using strength of hip flexors to move the bar from the platform. She raised 391, then 418, but 424 wouldn't budge. She totaled 1074. Her efforts won the outstanding woman lifter award. She has many years of experience and great genetics, and the best coach there is: SMOKIN' JOE AVIGLIANO.

148 lb. Shari Spencer *of Canada*



They did it all *.... Wendy Greig and Bruce Greig ran the meet and put up great numbers as well! Wendy competed despite a back injury and Bruce pulled this 826! (Glossbrenner photos, except where noted)*

Could anyone upstage this performance? The new little twinkling star was Nichelle Whitfield, in her debut. She's all of 4'10", 123 lbs., and just turned 13. She dunked 3 WPC World Record age group SQs as easy as pie: 242, 264, 275, all deep and seemingly effortless. She blew away the former SQ record of 232 1/2, belonging to Picone (BEL), who was 15. USA's Rummel was the listed World Record holder in the BP. Nichelle smashed that on her first attempt, with 58 kg (127.8 lbs). On to the DL, where Nichelle pulled three easy ones: 226, 248, and finally 264. Her last two pulls broke the 638 World Record TOT by Picone twice. Six World Records in her very first competition shows what amazing potential this little gal has. Did I mention she wore no supportive suit or shirt? Coach Joe only wrapped her knees lightly in the SQ and did not allow her to extend herself in the DL. What Nichelle will do, one short year from now, just might blow your mind.

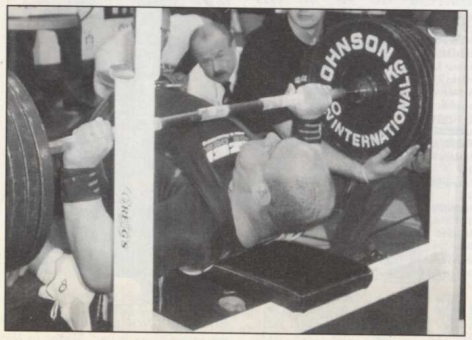
Gary Bobrovitz, 49, from Calgary, placed 1st in the 132 lb., 45-49 division on Saturday afternoon. Gary got all his SQs (275) and succeeded with his third BP (242), his favorite lift, following a second attempt miss. He pulled 303 for an 821 TOT. Gary won the Open 132 lb. bench division later, on Sunday, but got 231 the second time around.

Rudy Martinez, 33, celebrated his birthday, but spent most of the trip sick with the flu. Come meet time, Rudy made all his bests with a 330 SQ, 214 BP, and 352 DL for a 898 TOT. Rudy is a giving sort of guy and to show his appreciation to coach Joe, he gave him the flu bug.

Herb Glossbrenner catches ***Brent Mikesell*** *on the way up "out of the the hole" with a huge 1041 pounds*

Gordon Santee, of Redondo Beach, CA, just turned 55 and celebrated the occasion by setting all new CA APF Records in his new age group: 165 lb, 55-59 division. Gordon, who just recently had neck surgery, didn't look any worse for the wear, and went 9/9 in his customary fashion: 468, 292, 540, for a huge 1300 result. Gordon has his eye on the WPC World Record DL and TOT, as well as another World Championship title at the WPC Worlds in South Africa. I wish Gordon well, even if he did blow all my state records to kingdom come.

Jason Balon, 17, from Saskatchewan, SQed a fine 429 and DLed 473 for a 1096 TOT and victory in his 181 lb, 16-17 age bracket. Brian Johnston, 36, of Greig's gym in Okotoks, showed great SQ power: 507, 573, then a big 628. Despite a mere 275 BP, he hauled up a 529 second attempt DL for 1421 TOT and the 181 lb, 33-39 bracket win. Runner-up was Kenn Allon, 37, from Bruce's Boys, who totaled 1140 with 396, 286, 457.



From L.A.L.C. ***SCOTT MENDELSON*** *benches 716. (Velliquette photo)*

Harold Russell, 32, of Calgary, lifted in the handicapped division, missing only one try in nine. Be proud of your accomplishments, Harold, and keep up the good work! The 198 lb, 40-44 champ was Kevin Dunford, 44, another of the Bruce's 21 member team. Kevin TOT'd 1223, making all his DLs. George Irvine, 47, took the 45-49 bracket with a fine 551 SQ, 319 BP. He finished 352, but raised his butt. Two DLs, and he passed his last, for a 1311 TOT. Darwin Miller, 78, bombed at the WPC Worlds in Las Vegas last year with 264 SQ. He'd improved a lot in a year: 336 SQ, 176 BP, 363 DL. Goes to show that you can do powerlifting practically forever.

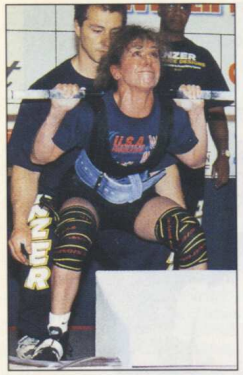
There were three contestants in the Submaster 220s. Randy Estell, 38, of the Back Alley team, did some inspired lifting: 638 SQ, 683 SQ judged shallow, and a 352 BP opener, with increases to 402 and 407 too ambitious. Randall pulled 606 and 639, and even gave 672 a spirited try, for a 1631 TOT. Runner-up, Trevor Andus, 35, of Saskatchewan, TOT'd 1399. Dale Murphy, 33, of the Lethbridge team, was 3rd with 1289. The 40-44, 220 lb division belonged to Jody Armstrong, 43, bodyweight 213. His 628 SQ was a maximum effort opener. He couldn't get 650, despite two tries. Jody managed a 253 BP after missing it on his opener, but 275 was too much. Armstrong picked his DLs wise and got all three for 1377.

Bret Stradeski, 38, captured the 33-39 group title with a 551 SQ and 440 DL. Duane Fuss, 44, 240 lbs, lifted strong for his 40-44 Masters title. He made his first six lifts without any problems. Then he pulled 496 and called it a day. Runner-up Corey Velting, 44, of the Lethbridge team, showed balanced lifting, and went for 573 on his last pull, but the barbell refused to comply. Bert Merriman, 53, is a dead ringer, facially, for Secretary of State, Colin Powell. He did seem to know a lot about strategy, picking his numbers smartly. He popped 396 BP, a Canadian Record, on his final effort, following a missed second. In DL, he opened light, with 507, then jumped 100 to 606. He ran out of gas on his last, with 617. His TOT was 1532! Outstanding Master Lifter of the meet was the amazing 61 year old Skip Sandberg. At 240 bodyweight, he opened with a big 578 duck soup. Next he mowed down 2 WPC World Records: 611, then 633! He got a 374 and 402 BP before failing 424. Sandberg opened his DLs with 578, then matched his own 617 WR from last year's World meet, and waived his third. His 1653 TOT created another new World Record for the 60-64, 242s. I see a 1700+ TOT coming!

Brad Boecher, 23, 273 lbs .from Saskatchewan, captured everyone's attention with great 8/9 lifting. Brad dunked 688 powerfully, but couldn't quite make 727 on his final lift. Brad pressed 418 and pulled 617 on final attempts for 1725 TOT. Matt Hyrcha, 28, of Fort. St. John, BC, wrapped up the submaster win with tremendous SQing: 650, 694 and finally a huge 738, all good! He BPed 363 and barely missed 374 at lockout. Brad hauled up 672, then 705, before yielding to 727, totaling 1807. My pick for "Mr. Nice Guy" was Tom Brooks. In the gym where he trains

(article continued on page 74)

IPF World Masters Championship



Cathy Solan of Ellicott City, Maryland won the Gold Medal in the squat in the Masters 1 Women's 44 kg. competition. (photo provided courtesy of Cathy Solan)

IPF World Masters Championships
16-21 OCT 01 - Moose Jaw, Canada

Women	SQ	BP	DL	TOT
Masters I				
97 lb.				
Bechar FRA	248	159	275	683
Solan USA	253	126	264	644
105				
Viitasaari FIN	297	165	352	815
Muldrock NZ	231	154	286	672
Bruder GER	253	121	270	644
114				
Sandu CAN	297	148	347	793
Eremenko RUS	286	132	341	760
Omori JPN	292	148	297	738
Bruder GER	275	154	308	738
Lockhart ARG	220	121	281	622
Carrol USA	165	88	203	457
123				
Hollis GB	325	203	325	854
Kimura JPN	308	165	336	810
Daumas FRA	297	165	341	810
Sivery USA	275	165	303	744
132				
Yamasaki JPN	352	220	369	942
Stein USA	336	181	402	920
Beretta ITA	297	159	374	832
Roy CAN	236	159	308	705
Louarduzzi FRA	275	137	286	699
Durr RSA	214	110	220	545
148				
Covington USA	341	159	363	865
Welding USA	314	170	352	837
Ishikawa JPN	314	176	330	821
Squires CAN	286	132	286	705
Warne CAN	253	137	248	639
165				
Belsito USA	358	198	396	953
Kruger CAN	352	170	369	892
Wass GB	253	137	275	666
181				
King CAN	391	248	418	1058
Sortwell USA	363	248	380	991
Kokkonen FIN	220	154	286	661
Rain CAN				
198				
Schaefer USA	275	165	407	848
Greenidge CAN	220	132	253	606
SHW				
Hallen USA	341	275	363	981
Pepper GB	325	170	369	865

Teams: USA 66, Canada 56, Japan 37, Great Britain 29, France 26, Finland 20, Germany 15, New Zealand 9, Russia 9, Italy 8, Argentina 6, Republic of South Africa 5. Champion of Champions: Viitasaari 494.57, Yamasaki 477.85, Hollis 457.21.

Masters II				
97 lb.				
Aliminosa USA	181	99	236	518
105				
Turunen FIN	176	121	253	551
114				
Wang AUT	286	170	341	799
Bowers USA	248	121	319	688
Guinard FRA	209	104	308	622
123				
Hallmond NZ	225	126	308	661
132				
Ling CAN	264	159	292	716
Sourkova CZE	187	143	397	628
148				
Segawa JPN	319	220	330	870
Thimm GER	286	181	369	837
165				
Richardson GB	231	137	303	672
Hackney USA	231	132	303	666
Haywood CAN	253	132	242	628
181				
Beer AUT	374	220	396	991
SHW				
Hall USA	451	297	468	1218
Johnson NZ	440	225	451	1118

Teams: USA 42, Austria 24, New Zealand 21, Canada 20, Japan 12, Finland 12, Great Britain 12, Czech Republic 9, Germany 9, France 8. Champion of Champions: Wang 460.08, Hall 454.76, Beer 419.90

Men	SQ	BP	DL	TOT
Masters 1				
114 lb.				
Taguibao PHI	385	181	435	1003
132				
Carr USA	407	253	534	1195
Jong CAN	396	314	473	1184
Shibata JPN	418	286	457	1162
Merzliakov RUS	440	275	446	1162
Isagawa				
148				
Bridges USA	473	336	534	1344
Kerr GB	440	281	507	1229
Talong CAN	407	319	468	1195
165				
O'Connor IRE	518	358	644	1521
Dallaire CAN	507	308	633	1449
Lewis USA	562	347	529	1438
Kolchev RUS	507	330	534	1372
Duhem FRA	540	341	485	1366
Ollikainen FIN	473	253	540	1267
Mikami JPN	485			
Wahl USA	589			
181				
Naleykin RUS	595	374	595	1565
Glinin RUS	578	396	584	1559
Scully USA	573	385	600	1559
Fougere CAN	606	358	584	1548
Fraser CAN	496	402	589	1488
Renato PHI	562	314	595	1471
Olsen NOR	528	369	562	1449
Sekot CZE	462	391	440	1295
Criscione ITA				
198				
Theuser CZE	716	490	683	1890
Traub USA	606	385	683	1675
Rykov RUS	639	413	606	1658
Mauchosse FRA	628	407	606	1642
Asama JPN	628	385	628	1642
Byas USA	584	358	694	1636

Harriet Hall is doing a great job of representing the United States in open and masters IPF competition, above at the M2 - 90+ kg. ceremony

J.D. Carr ... a veteran of an earlier era of Powerlifting in the United States, he kept training hard while many of his competitors from the 1980s have long ago hung up their lifting belts, and his diligence has been rewarded with an IPF Gold Medal at M1- 60 kg.

Klimshwski RUS	617	396	573	1587
Cowly GB	573	374	562	1510
Delaney CAN	490	341	611	1444
Barnbrook GB	529	319	595	1444
Smartt AUS	507	341	529	1377
Lundeberg SWE				
220				
Sicoli FRA	683	396	661	1741
Roberts USA	699	402	617	1719
Tsukanov RUS	688	429	595	1714
Melzig GER	606	358	644	1609
Hagfors FIN	556	396	650	1603
Hobman CAN	617	358	606	1581
Nagata JPN	584	380	584	1548
Ludik RSA	473	308	534	1317
242				
Cain USA	683	451	716	1851
Vilppola FIN	628	462	694	1785
White GB	595	363	738	1697
Henderson NZ	595	396	639	1631
Slosarek GER	584	418	600	1603
Nomerstad NOR	595	374	573	1543
Lande NOR	595	374	551	1521
Chomitz CAN	529	385	589	1504
275				
Neighbour GB	727	507	683	1917
Weeks USA	699	429	688	1818
Hanninen FIN	683	435	628	1747
Haugen NOR	639	396	617	1653
Haywood CAN	606	358	562	1526
Pakoti NZ	540	347	485	1372
Royer CAN	418	457	440	1317
SHW				
Zabolotny	793	440	683	1917
Stewart NZ	771	385	611	1768
Nazarov CAN	716	396	617	1730
Bespalov RUS	617	429	617	1664
Tau NZ	639	418	551	1609
Alvarez ARG	595	330	573	1499
Pope USA	705			

Teams: USA 63, Russia 51, Canada 47, Great Britain 33, Finland 28, New Zealand 27, France 25, Norway 20, Japan 18, Philippines 17, Czech Republic 15, Germany 13, Ukraine 12, Ireland 12, Argentina 5, Republic of South Africa 3, Australia 1. Champion of Champions: Theuser 549.31, O'Connor 493.97, Sicoli 482.92

Masters II				
114				
Oshiro JPN	297	248	374	920
123				
Inaba JPN	496	187	490	1173
132				
Ota JPN		374	253	451
1080				
Rosen USA	396	209	446	1052
Steffen GER	358	248	358	964
148				
Itoh JPN		473	297	496
1267				
Moore CAN	446	270	501	1218
Vinot FRA	396	209	529	1135
Dufour FRA	374	242	462	1080
Okiura JPN				
165				
Lokhov RUS	507	330	595	1432
Alduenda USA	473	303	507	1284
Takita JPN	473	275	462	1212
Davis CAN	446	259	490	1195
Macrow GB	418	297	462	1179
181				
Lincoln GB	562	374	551	1488
Bouchakour FRA	473	330	551	1355
Andersson NZ	440	281	584	1306
Ludecke GER	457	264	518	1240
Bourgoin CAN	501	270	424	1195
Steward CAN	424	259	490	1173
Sourek CZE	429	242	485	1157
Thomas NZ	440	275	440	1157
Lehmann GER	385	259	435	1080
198				
Andreatta ITA	611	319	600	1532
Tachibana JPN	589	440	496	1526
Cihla GER	540	297	540	1377
Battison GB	473	330	562	1366
Mokadem FRA	518	369	440	1328
Christo USA	402	275	540	1218
Greenidge CAN	429	308	440	1179
Yakubovsky USA	418	292	451	1163
Williams CAN	391	259	468	1118
Vereschgin RUS	606	363		

Brent McCune of Colorado represented the United States in the Masters 1 (40-49) 125+ kg. class.

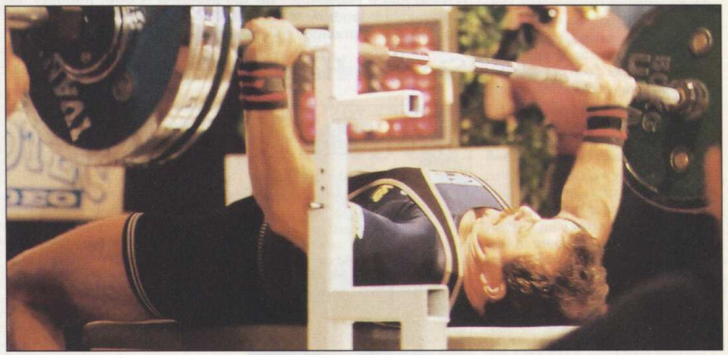
The Ageless Wonder of Japan ... Hideaki Inaba. Photos (except for Cathy Solan) are by Hiro Isagawa. For the first time in his life, Hiro was Team Manager, Referee, and Lifter in three IPF World Championships in 3 months time: the Masters Worlds, the Men's Worlds, and the World Bench Press Championships. Unfortunately, at the Masters contest, he opened in the bench at 180 kgs.but didn't get any lifts passed.

220				
Korolev RUS	688	336	655	1681
Clark USA	551	325	650	1526
Buchs FRA	595	380	540	1515
Micka CZE	551	374	562	1488
Bassett CAN	485	374	606	1465
Fujimoto JPN	507	380	551	1438
Amadei GER	518	308	573	1399
Schindler GER	529	330	507	1366
Stinchcombe	490	330	534	1355
242				
McNamara IRE	584	363	606	1554
Lefevre FRA	529	374	606	1510
Mullholland	501	369	584	1455
Maron CZE	518	396	529	1444
Eldridge CAN	507	363	562	1432
Sindlear USA	523	352	551	1427
Platzer GER	518	319	573	1410
Carrizo ARG	551	303	518	1372
Worley USA	567	270	523	1361
Jaakkola FIN	220	374	518	1113
275				
Maximshkin	666	451	617	1736
Surrel USA	661	429	562	1653
Morris USA	600	418	556	1576
Chasse CAN	556	407	573	1537
Bostrom SWE	385	264	352	1003
SHW				
Soria ARG	683	385	606	1675
McCune USA	529	407	639	1576

Teams: Japan 65, USA 53, France 47, Canada 43, Russia 36, Germany 34, Great Britain 25, Czech Republic 18, Argentina 15, Ireland 12, Italy 12, New Zealand 11, Sweden 6. Champion of Champions: Inaba 517.32, Korolev 474.04, Lokhov 465.33

Masters II	SQ	BP	DL	TOT
114				
Hirano JPN	286	198	330	815
123				
Fushimi JPN	330	275	374	981
132				
Tokuda JPN	330	110	396	837
148				
Cortes USA	363	242	468	1074
Maier USA	369	159	435	964
Szloboda GER	352	132	385	870
165				
Penlae FRA	352	242	418	1014
Archabault USA	336	209	374	920
181				
Chazelle FRA	440	209	556	1206
Laine FIN	385	253	363	1003
Pekkoranta FIN	363	165	440	970
Bergland CAN	286	181	336	804
198				
Fiore GB	562	375	573	1521
Goutard FRA	440	220	451	1113
Waters USA	358	242	473	1074
Lam CAN	374	220	473	1069
Behnke GER	286	187	407	881
220				
Schwartz GER	407	220	330	959
Lovell CAN	154	126	220	501
Chatis USA	407			
242				
Kristensen NOR	589	396	551	1537
Grisham USA	507	275	451	1234
Rood USA				
275				
Grabosch GER	551	352	551	1455
Ritter USA	330	253	473	1058
SHW				
Kochetov RUS	595	418	595	1609

Teams: USA 56, Germany 38, Japan 36, France 33, Canada 23, Finland 17, Great Britain 12, Russia 12, Norway 12. Champion of Champions: Fiore 445.94, Kristensen 412.22, Fushimi 410.86



One of the Champion of Champions Award Winners was Peter Theuser lifting for the Czech Republic.

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified by 1.2 (600 divided by 500)

Sioux-Z Hartwig Squat Routine

This squat cycle is based on a 250 pound starting max. After completing this cycle the average poundage increase will be around 25 pounds. I'll write a 12-week program. The strength cycle is 8 weeks, but when trying a new training routine I find a few extra pre-cycle weeks are very beneficial. If you do not have the time, you can skip the first 2-4 weeks.

The squat is based on training on Mondays and competing on Saturdays. Because of this, the last squat day in Week 12 is only an opener with no assistance work; this is due to less than the 7 days recommended for sufficient recovery time. Your opener should be a weight that you've done successfully for a triple. This way, if something goes wrong, i.e., you do not have time to wrap your knees or your knees are wrapped for a very long time ... you can successfully complete your opener regardless of errors that occur.

I have included when I add the equipment. You can use your discretion. If you have bad knees or are experiencing knee pain you may want to add the wraps sooner. The same rule applies to the belt. However, first be sure that your form is correct and is not the cause of the pain. Examples of bad form causing pain are: (1) your knees going over the toes, (2) shoulders are rounded and you are hunched over, (3) too much bend in your waist. If you determine your form is correct, then go ahead and add equipment needed to get rid of the pain. The longer you can go without equipment, the stronger your body becomes. If you use equipment the entire training cycle some muscles will not get sufficient work to make them stronger.

Before starting my squats I will do the empty leg press for 3 sets of 10 to help stretch and warm up. I am a fairly wide stance squatter so I do 2 sets with my feet about 1 1/2 shoulder width one set inside shoulder width. I also will either jog in place for a couple minutes or spend 2-5 minutes on treadmill or bike to get the heart pumping and blood flowing. This helps to prevent injury.

When doing the leg press I have listed the amount of weight you add to the empty leg press i.e. 140 is 1 - 45 lb. plate and 1 - 25 lb. plate on each side. Follow the weights in the program unless you are unable to achieve the reps listed. It is better to do slightly less weight and get all of your reps in the assistance work. For example, if you got 250/8, 250/6, and 250/5 on Week 9, you obviously have too much weight on the leg press or are strained from the squats. For Week 10 I would do 250/8 and if it went well continue on, it you struggled the last rep, drop the weight 20 pounds and get the 8 reps.

***Sioux-Z Hartwig** is one of America's top female lifters, and her training and program have been ably assisted by another world class lifter - Kirk Karwoski*

When doing the leg extension and leg curl machines you should superset the two exercises with about one minute break between each superset. On the leg extension extend slow and hold for a 2-3 count, then retract slowly to almost a 90-degree angle. You do not retract completely because you want to maintain tension in the quadriceps and also to prevent strain on the knees. Movements are slow and controlled to feel the "muscle burn" and also to prevent "cheating" by using momentum to move heavier weights. Assistance work is to strengthen specific muscles and quick movements are often sloppy and use incorrect muscles to do the work. In the leg or Hamstring Curl, I recommend a medium speed, when the weights get heavier you may need a little explosion at the bottom but it must remain controlled. The retraction is slow and not to full extension of the leg. Again to maintain tension in the muscle and to prevent hyperextension of the knee.

Calf Raises are to be done off a block or machine with your own bodyweight. Use a pole or machine to balance yourself, but not support yourself. Put your right ankle on your left calf and do 10 reps with the left calf extending down and up fully for each rep. Without resting you now switch to the left ankle on right calf and do 10 reps followed by both feet up and down. Repeat this 3 times. You will have done 90 reps without stopping (30 on right, 30 on left and 30 with both feet). If you are not used to doing calf work you may have to stop and have a short rest between each superset of Right/Left/Both.

Abdominals are sets of 25 reps keeping the abs tight at all times, but breathing normally. This is done to help support the back while lifting and to prevent low back injury.

Powerlifting is an amazing sport with very unique individuals. We are all very different but I have found one thing we have in common is dedication and determination. I wish you well and hope that this squat routine works well for you.

For further assistance with the squat, other lifts, to get personal training or dieting tips please e-mail me at Siouxz3@aol.com with the subject heading LIFTING.

WEEK 1: Squat - 95x7, 115x5, 135x3, 155x1, 165x8x3. Leg Press 140x10x3. Leg Extension 40x8x3. Leg Curl 40x8x3. Calf Raises - 3 Supersets - Rx10, Lx10, Bothx10. Abs - 25x5.

WEEK 2: Squat - 95x7, 115x5, 135x3, 155x1, 175x8x3. Leg Press 180x10x3. Leg Extension 40x8x3, Leg Curl 40x8x3. Calf Raises - 3 Supersets - Rx10, Lx10, Bothx10. Abs - 25x5.

WEEK 3: Squat - 95x7, 125x5, 145x3, 165x1, 185x8x3. Leg Press 180x10x3. Leg Extension 40x8x3, Leg Curl 40x8x3. Calf Raises - 3 Supersets - Rx10, Lx10, Bothx10. Abs - 25x5.

WEEK 4: Squat - 95x7, 125x5, 145x3, 175x1, 195x5x3. Leg Press 180x10x3. Leg Extension 45x8x3, Leg Curl 45x8x3. Calf Raises - 3 Supersets - Rx10, Lx10, Bothx10. Abs - 25x5.

WEEK 5: Squat - 95x7, 125x5, 155x3, 185x1, 205x5x3 (begin using a belt at this point). Leg Press 200x10x3. Leg Extension 45x8x3, Leg Curl 45x8x3. Calf Raises - 3 Supersets - Rx10, Lx10, Bothx10. Abs - 25x5.

WEEK 6: Squat - 95x7, 135x5, 165x3, 195x1, 215x5x3 (using belt). Leg Press 200x10x3, Leg Extension 45x8x3, Leg Curl 45x8x3. Calf Raises - 3 Supersets - Rx10, Lx10, Bothx10. Abs - 25x5.

WEEK 7: Squat - 105x7, 145x5, 175s3, 205x1 (start using a belt here), 225x3x3 (using a belt and kneewraps). Leg Press 230x8x3. Leg Extension 50x8x3. Leg Curl 50x8x3. Calf Raises - 3 Supersets - Rx10, Lx10, Bothx10. Abs - 25x5.

WEEK 8: Squat - 105x7, 145x5, 175x3, 205x1 (using a belt), 225x3x3 (using belt and wraps). Leg press 230x8x3. Leg Extension 50x8x3. Leg Curl 50x8x3. Calf Raises - 3 Supersets - Rx10, Lx10, Bothx10. Abs - 25x5.

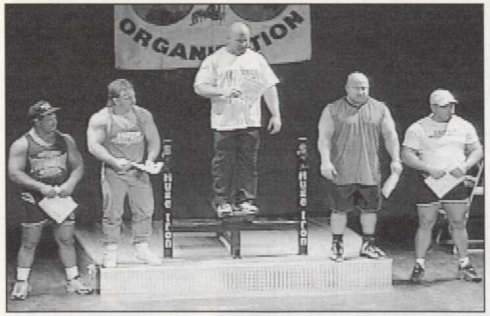
WEEK 9: Squat - 115x7, 155x5, 195x3, 225x1 (using wraps and belt), 245x2x3 (add the squat suit). Leg Press 250x8x3. Leg Extension 50x8x3. Leg Curl 50x8x3. Calf Raises - 3 Supersets - Rx10, Lx10, Bothx10. Abs - 25x5.

WEEK 10: Squat - 115x7, 150x5, 185x3, 210x1 (using a belt), 235x1 (add the wraps), 255x2x2 (add the suit). Leg Press 250x8x3. Leg Extension 55x8x3, Leg Curl 55x8x3. Calf Raises - 3 Supersets - Rx10, Lx10, Bothx10. Abs - 25x5.

WEEK 11: Squat - 115x7, 155x5, 190x3, 220x1 (add belt), 245x1 (add suit), 265x1x2 (with suit). Leg Press 270x8x2. Leg Extension 55x8x2. Leg Curl 55x8x2. Calf Raises - 3 Supersets - Rx10, Lx10, Bothx10. Abs - 25x5.

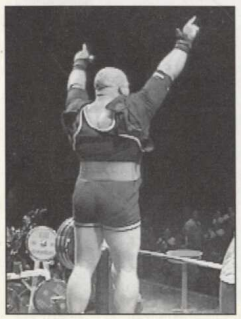
WEEK 12: Squat - 105x7, 145x5, 185x3, 215x1 (using belt), 235x1 (using suit). No assistance work.

Competition Day: Squat - 105x7, 145x5, 215 (using wraps). Open at 235, go to 255/260 for 2nd attempt, try 275 on 3rd.



***Middleweight Winners at the WP) Bench Bash** include Rick Lawrence, Dewayne Nealy, George Halbert, Kenny Patterson, and Jason Keene*

The WPO Bench Bash for Cash was without a doubt the most prolific bench meet in history. There were five official 700 lb. plus successful attempts, and a total of fourteen overall 700 lb. and up attempts. The event was held at the very accommodating Seaside Music Theater in Daytona Beach, FL. It was held in conjunction with the NPC Daytona Beach Muscle Classic, and the two complemented each nicely. It provided a nice crowd of 300-400 folks that were completely blown away by the bench press extravaganza. It was refreshing to hear comments from the bodybuilders like, "Wow, these guys are awesome!" "Is there really $2,500 for the winner and $1000 cash bonuses? I guess I'm in the wrong sport." These comments tell me that our sport is finally get some respect that is long overdue! Most of the lifting community knows that on September 8th 2001, George Halbert shocked the world with an unfathomable 733 lb. attempt, weighing only 215 lbs. It was definitely the George Halbert Show that night, but there was also some fantastic benching across the board in the three classes. Marcus Shick wasn't present this year for personal reasons. That left the door wide open for Angelo Berardinelli (462 lb.), normally a three lift lifter, to take the Lwt. division and $2,500 big ones. Anthony Conyers (451 lbs) 165 lb. Semi Final Champion came in second. The Mwts. were out-gunned by Kenny Patterson and George Halbert. Arnold Coleman and Joe Dougherty had great battle back and fourth trying to capture the 181 lb. WPO World Record. Arnold prevailed hitting 545 lbs. easily securing a $1000 and new World Record. Great job Arnold! Ken Patterson came in second, easily nailing 661 lbs., and he just missed the 705 lbs. that he has been patiently trying to conquer at 220. Even if he had made it he still would of come in second. Hopefully Kenny will rebound for the Arnold Classic and destroy that 705! We all know who won the Mwts. and I will elaborate on George's performance at the conclusion of the article. It was a Hwt. Showdown to say the least. Four out of the top five Hwts. officially benched over 700. Mighty Master Tom Manno (677 lbs.) almost made it five, just missing 700, and took fifth. Newcomer John Zemmin came in fourth nailing 716 lbs with authority securing the 275 lb. World Record. Clay Brandenburg and Beau Moore both did 722, and both tried 733 and missed. Clay takes third, and Beau takes second because he was lighter than Clay. Beau also got $1000 extra for the SHW World Record. So that leaves big Rob Fusner. He destroyed 332.5+1 kilo which converts to a hair over 735 lbs. for the victory, and the 308 World Record. Westside Barbell stole the show with Angelo Berardinelli, George Halbert, and Rob Fusner winning their divisions, reaffirming that Westside Barbell is top dog when it comes to bigtime benching. You would be a stone face liar if you said George Halbert didn't impress you. We all want to know how George does it. How is it possible for a 215 lb. man to bench 733? I will tell you one thing - it isn't just because of the bench shirt! I know for a fact George is a genetically God-gifted iron athlete. His peers at Westside speak of freakish displays of strength that George incorporates into his workouts. He able to rep 600 with no shirt, do 150 lb. dumbbell exts., do rack work and board presses in the high 700s. No matter what one says, George is one strong son of a gun. He also became the first man to ever try three attempts all over 700. Opening with 701, 716 on his 2nd, and a 733 3rd attempt. Every attempt was a World Record! When it all was over with George won $4,500, $2500 for winning the Mwt. Division, $1000 for a 220 lb. WR, and $1000 more for being - hands down - the WPO Bench Bash for Cash Champion of Champions. George you are the Man, whether you want to be or not. The reason I am saying this is because George is very humble, and is uncomfortable boasting about himself. After he destroyed 733 and everybody's jaw dropped on the floor (myself included) he jumped up on the bench with arms raised high celebrating his accomplishment - deservingly so. The day after the meet George called his promoter Joe Lester and said "Joe tell Kieran that I'm sorry that I jumped up on the bench after my lift." George thought it wasn't appropriate. I said "Joe, you tell George he can do backflips off the bench and land on my head if he wants to!" It is nice to see someone so powerful and sure of his abilities carry himself in a way that exemplifies what a true Champion is. I have a hunch that you might even see George become the lightest man to ever bench 800 lbs. Who knows - maybe we might see it at the Arnold Classic. No matter what George Halbert is the King of the Bench! (Kieran Kidder)



***George Halbert** exults after benching a gigantic 733 weighing 215!*

WPO Bench Bash for Cash - 8 SEP 01 - Daytona Beach, FL

Flight1	Wt.	BP1	BP2	BP3	BP4	PL.	$
Schwab, Brian	72.3k	170	~~180~~	~~182.5~~		5th Lt.	$250
Tincher, Brian	74.6k	177.5	185	~~210~~		4th Lt.	$500
Conyers, Anthony	73.4k	192.5	197.5	205		2nd Lt.	$1000
Ferrerio, Dean	72.5k	192.5	~~207.5~~	~~210~~		3rd Lt.	$750
Berardinelli, Angelo	74.9k	197.5	210	~~227.5~~		1st Lt.	$2500
Spires, Kent	81.5k	222.5	235	242.5			
Dougherty, Joseph	82.25k	227.5	240	242.5	~~247.5~~		
Robbins, Donald	82.45k	232.5	~~247.5~~	~~247.5~~			
Coleman, Arnold	80.6k	237.5	~~247.5~~	247.5	~~255~~		
Rectenwald, Ed	97.1k	237.5	~~250~~	~~250~~			
Lawrence Rick	99.45k	~~250~~	250	~~270~~		5th Mid.	$250
Keene, Jason	100.15k	~~255~~	255	~~272.5~~		4th Mid.	$500
Flight 2							
Nealy, Dewayne	88.8k	257.5	262.5	262.5		3rd Mid.	$750
Springer, Paul	123.55k	~~275~~	275	~~290~~			
Pagtakhan, Sherwin	127.15k	277.5	~~292.5~~	~~292.5~~			
Patterson, Kenny	99.73k	282.5	300	~~320~~		2nd Mid.	$1000
Meeker,Tiny	124.65k	~~292.5~~	~~317.5~~	~~317.5~~			
Zemmin, John	122.5k	297.5	322.5w	~~330~~		4th Hvy.	$1500
Rogers, Travis	135.15k	~~297.5~~	~~305~~	~~312.5~~			
Fusner, Robert	133.45k	300	315	325	332.5w	1st Hvy.	$3500
Kennelly, Ryan	132.7k	305	~~322.5~~	~~322.5~~			
Manno, Tom	138.7k	307.5	~~317.5~~	~~317.5~~		5th Hvy.	$250
Moore, Beau	155.8k	307.5	~~320~~	327.5w	~~332.5~~	2nd Hvy.	$2000
Halbert, George	97.8k	317.5	325	332.5w		1st Mid.	$4500
Brandenburg, Clay	177.8k	320	327.5w	~~332.5~~		3rd Hvy.	$750

World Powerlifting Organization News (TM)

What's the Difference?

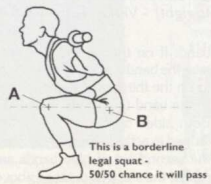
Being consistent with the WPO(TM) philosophy, that is, an organization by lifters for lifters, we realize in order to be successful, the ($) prize money must be attainable by the rank and file and not just a select few. When you look at other professional organizations, the cash only goes to the top lifters either by total or formula. Thus, the attitude becomes "Why enter? I already know who will win and place." In the WPO(TM) this attitude has been lessened or even eliminated by giving equal prize money in all the major weight classes for first, second and third place as well as the "Super Open" classes (lightweight, middleweight, heavyweight.) We believe this variety of competition within the contest will create a special interest to both the viewer and the contestants.

Men's Body Weight Categories & Qualifying Totals For 2002 Semi Finals*

Weight Class	(Kilos/lbs.)	Wt. Class (Lbs.)	Qualifying Total
60.0 kg.	0 - 132.5	132	1251
67.5 kg.	132.51 - 148.75	148	1423
75.0 kg.	148.76 - 165.5	165	1599
82.5 kg.	165.51 - 181.75	181	1716
90.0 kg.	181.76 - 198.5	198	1801
100.0 kg.	198.51 - 220.5	220	1943
110.0 kg.	220.51 - 242.5	242	2010
125.0 kg.	242.51 - 275.5	275	2076
140.0 kg.	275.51 - 308.5	308	2151
SHW	308.51 to unlimited	SHW	2201

* All totals must have been made at a APF/W.P.O.(qualifying event in the last five years. Upon request, proof of qualifying total must be submitted to the WPO(TM). Verification may be from meet results showing totals that have been posted or advertised in Powerlifting USA magazine or written notification of contest and totals from the meet director. It is the lifter's responsibility to make certain that the secretary of WPO(TM) received the qualifying information prior to the entry deadline of the upcoming WPO(TM) competition. After the WPO(TM) Final, the Middleweight Super Open class cutoff will be increased to 220.5. This change will be implemented at the W.P.O.(TM) 2002 Semi Final. The three Super Open categories are as follows:

Super Open	Kilos	Pounds
Lightweight	0 up to 75	132 up to 165.5
Middleweight	75.01 up to 100.5	165.51 up to 220.5
Heavyweight	100.51 up to unlimited	220.51 up to unlimited



This is a borderline legal squat - 50/50 chance it will pass

This is the required W.P.O. W.R. squat depth

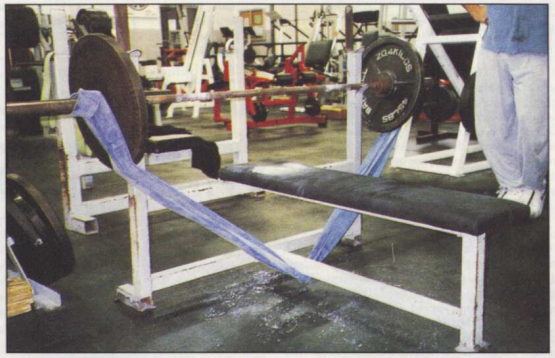
TRAINING

The World's Greatest Bench Press Assistance Exercise

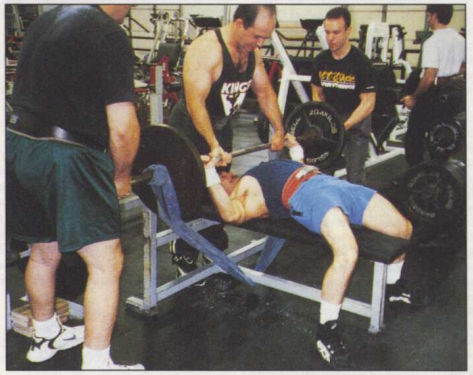
as told to Powerlifting USA by Dr. Larry Miller

I remember during my earlier years of powerlifting making a 5 lb. gain in my bench press during a one year span. Looking back, I imagine that I was either overtraining or maybe working through an injury. None the less, it is difficult to continue to make progress in our sport without, for instance, moving up a weight class or going with a better piece of equipment. Periodically, we will come across a routine or exercise that has a significant impact on our progress. I am always looking for something new to help elevate my bench press numbers. Training with a group of lifters allows me to see how we all respond as a group to a given program or exercise.

I have been training with "Jump Stretch" rubber bands for a few years now. Since day one with the bands, I always thought that the bands were one of the greatest strength devices around. In the bench press, it is relatively simple to hook up the bands to help the lifter with his/her lock out. I wanted to find a way to use the bands whereby they would provide resistance off my chest as opposed to the lockout. About 6 months ago, I came up with a plan. Unfortunately, it won't work unless you have the proper equipment. I would imagine that there are many different ways to work around not having the right tools, but that I will leave up to you lifters. Ideally, you need two things from your bench to do this exercise. First of all, you should have a bench that has a second set of uprights that are positioned a few inches above your chest (Picture #1). With the bar positioned closer to the pad, it allows you to add more tension to the bands by easily adding loops. Depending on your bench, you'll need to get the right type of bands. If you are benching between 425-500 in a single ply shirt, you should be able to handle 4 heavy blue bands. Tie 2 of the heavy blue bands together and loop one end around the bar. I would start with a 45 lb. plate on each side and position the bands outside the plate. Take the band under the support under the bench. This is criteria #2. Our support bar is about 1 inch off the floor. We center the knot in the band under the support bar and hook the other end of the band to the bar. Again with the bar in the lower upright, double loop one side of the bands around the bar. Repeat this to the other side. We add one more loop, so now the band is triple looped. When you loop the bands around the bar, alternate how you loop the band. If on the second loop, you take the band from the back to loop it, on the third loop, take the front of the band to add the third loop. Both sides of the bar should be looped exactly the same. Now, take the second set of blue bands and repeat the steps as outlined above. You should now have a total of 6 loops. I would recommend that until you adjust to the bands, you start out with one set of blue bands and add loops. Then add the second band and continue to add loops until you have reached a total of 6 loops. At that point, if you need more resistance, take another set of bands. We have added a pair of green bands without a loop to the 2 sets of blue bands. With this particular exercise, we only have a bar weight of 135 lbs. Because of tremendous amount of band tension, we lift off from the side and spot from the side. We bring the bar to the lifter's chest. We try and go to lockout for as many reps as possible, usually between 5-8. We pause at the chest and then push the bar as fast as possible to get to lockout. When the lifter is done with their set, return the bar to the lower upright. With 2 sets of triple looped blue bands, and one set of green bands, we have somewhere around 300 lbs. of band weight plus 135 lbs. of bar weight at lockout. The lift will be hard throughout the motion. I have always had trouble with my sticking point a few inches from lockout. Since I started this exercise, I have found that I can now push right through to my lock out. We do the rubber band exercise after our flat bench. We normally do 3 sets of 5-8 reps. We will alternate this exercise with decline benches and power rack rubber band lockouts. I recently spoke with George Halbert and if I am not mistaken, they are finding that utilizing more bands than weights is a great way to build strength. Another way to add band weight is to take a smaller band and place it in your hands and around your back. You can do this in addition to the bands that are already in position.



Picture #1: *Notice the support bar one inch from the floor and the bar positioned on the lower set of uprights. (both photographs were supplied by Dr. Larry Miller)*



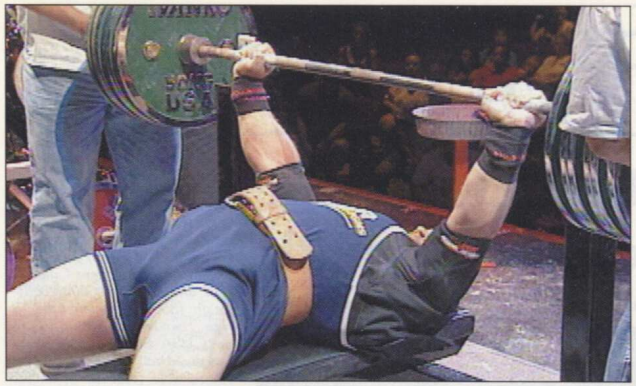
Dr. Larry Miller *doing his "Miller Band Benches" with his spotters (left to right) - Vince Tarantinto, Steve Spinelli, and Steven Petrencak.*

Some of my friends, who are exercise physiologists, have cautioned me about overtraining with the bands. I use the bands twice a week. On Thursdays we use a pair of blue bands and hook them under and around the support bar to add a little extra band tension. We go to about 185 lbs of bar weight and do between 20-30 reps. At age 47, I do not feel that I have been over training. My bench has gone up 20-30 lbs. over the past year with an official 498 lb. bench at 163 lb. bodyweight. I also did a 510 in training. Both lifts were done in a single ply polyester shirt.

All my training partners will agree with the following: the 6 loops of bands are a very, difficult exercise and you should be cautious. You need to have spotters on the side and you must work your way up to the proper amount of band resistance.

If you need to order Jump Stretch rubber bands, you can call Dick Hartzell at 1-800-344-3539.

Larry (Dr. Bench Press) Miller



George Halbert's 733 *at 220 at the WPO Bench Bash for Cash. (images courtesy of George)*

For Review .... How'd you like to see how the man who recently posted the best bench press in history (by formula) has mastered the lift for himself? Fortunately, you can. George Halbert, off a 683 bench at 198 and a 733 at 220 (both these 2001 lifts are shown on this video, by the way), has put together a video, appropriately entitled *"TO MASTER THE BENCH PRESS"*, that is going to open the Brave New World of Bench Pressing to those hungry masses, yearning for ever more pectoral power. George has a reputation for being so humble it hurts, but here he opens up his well-spoken and quietly compelling personality to illuminate the whys and wherefores of his 10 all time bench press record breaking career. George starts out by listing the 5 goals of his presentation, 1. to explain the muscle groups and exercises involved, 2. the theory of rubber bands in bench training, 3. proper bench pressing technique explained, 4. how to set up your program, and 5. how to adapt your program continuously. George explains his challenging theory of benching with the powerful tool of simplicity, despite some of these exercises being very complex - like the "cambered bar board band press". George gives proper credit to his mentor Louie Simmons as well as some of the greatest bench pressers in history: Jim Williams, Paul Dicks, J.M. Blakley. His focused and logical approach to such issues as muscle imbalance, pain prevention, and an encyclopedia of unique training exercises, provides the viewer of this tape with one "solid gold" training tip after another. Shots of George in competition are interspersed between the detailed training and technique explanations and the overall editing of this video production is excellent. Don't get me wrong - it is not easy to set up a George Halbert / Westside Barbell Club style bench press program, but George's innate skills as a communicator and his obvious grasp of the principles involved will show you how - week by week - to get this program to work for just about anyone. This is plain ol' common sense and cutting edge science by the truckload, with dozens of brilliant and true analogies to help you see the way. For example, the humble Halbert relates that "I have learned some of my greatest lessons bombing out of meets". This tape is going to give the serious student of bench pressing bushels of great ideas to try and the theory to put it all together on the platform. If you've got the bug to bench, this tape is going to be worth many times more than the 44.95 price (plus $5.00 shipping and handling) to George Halbert, 3063 Noelle Ct. Columbus, OH 43232. *(reviewed by Mike Lambert)*

George *was honored by the Ohio Senate as one of the Strongest Men in the World. Above (left toright)* ***Carl Gregory*** *- GM of Graham Ford where George is employed,* ***State Senator Bruce Johnson****, George, and* ***Jim Lorimer*** *of World Gym and the Arnold Fitness Weekend.*

INTERVIEW

Personal dialogue between PL USA Magazine and the Sport's Greatest Names.

JILL MILLS - The Queen of Strength

as interviewed for PL USA by Bruce Citerman

BC: Jill, give us some personal information about yourself

JM: *I'm 29 years old, I have a nine year old daughter, and own two dogs. I am married to Milo Mills. I own my own business (Jill's Bodymill), consisting of massage therapy, diet consultation, and personal training. San Antonio, Texas is my home town.*

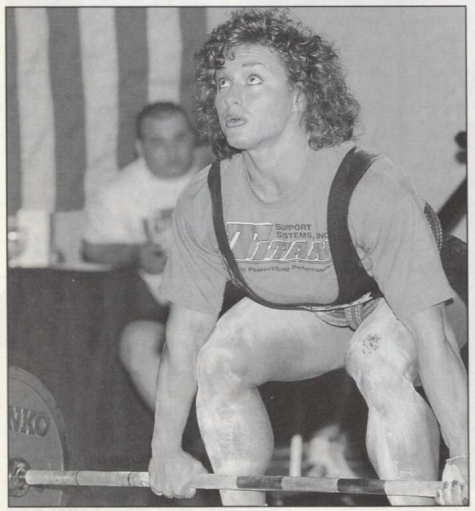
BC: What is your athletic background?

JM: *Soccer, track, bodybuilding, powerlifting, and strongwomen contests (in that order)*

BC: How did you get into lifting?

JM: *I started lifting weights and getting in shape when I was just a child. By elementary school, I was running 3-4 miles a day. When I was twelve years old, I got involved in lifting. Lifting had become a part of my life since on my farm I moved hay and 5 gallon buckets of water across my land to care for my horses. I also hauled firewood, cleared the property, and mended fences. I felt I had natural all-around strength, for I could do high repetition pullups and run many miles a day. At age 17, I began to train at a gym and started to compete in bodybuilding. I competed in three bodybuilding contests, placing second in one, and first in a national qualifier. I did not like bodybuilding because of the cardio exercises that burned off muscle and strength that I had worked so hard to build up. Then I got into powerlifting. My husband, Milo, began to train me after seeing my potential. One day in the gym, a couple of guys were training for a strength contest. It looked like fun, so I entered the competition. I enjoyed the contest and continued to compete in strength competitions.*

Jill Mills *in strongwoman competition with husband Milo at right*



Jill *en route to her win at the '97 USPF Sr. National Powerlifting meet*

BC: What contests have you competed in, and what were the results?

JM: *In powerlifting, I began competing in the 165 lb. class, winning the Nationals in 1997. My best lifts in competition were a 490 lb. squat, 275 lb. bench press and a 501 lb. deadlift, totaling 1266 lbs. Then I moved to the 181 lb. class, my best lifts being a 513 lb. squat, a 325 lb. bench press, and a 507 lb. deadlift, totaling 1340 lbs. I was ranked 4th all time in the history of women's powerlifting in the 181 lb. class. I also did a raw meet, one in which gear is not allowed, and my bench pressing and deadlifting were basically the same amount, but my squat lowered to 475 lbs. In strongwomen competitions, I won the Lone Star Strength Festival, the Metroplex Challenge (including a 245 lb. overhead press), and the Metroplex Rep Contest. The contest consists of bench pressing 100% of your bodyweight (175 lbs.) and I did 27 reps; biceps barbell curling 50% of your bodyweight (85 lbs.) where I did 60 reps, and deadlifting 200% bodyweight (350 lbs.), where I did 18 reps. Then I won the 2001 Southwest USA Strongwomen Challenge, the 2001 Scotland Roundtable (World's Strongest Woman Contest qualifier), the 2001 Killin Fair Scotland Strongwoman contest, and the 1st ever World's Strongest Woman contest. I am undefeated in all strongwomen contests.*

BC: You've been successful in almost every weightlifting competition, what is your routine!

JM: *My training varies between powerlifting meets and strongwomen contests. In powerlifting, I do three sets of five reps for the three lifts: squat, bench press, and deadlift. The basic exercises that I usually do are squats, deadlifts, power cleans, snatches, high pulls, push presses, bench presses, dips, and pullups. In strongwomen contests, I minimize the gym work, spending most of my time training for the events. I train for the events every week. My backyard is a regular training facility with a 600 lb. tractor-trailer tire, beer kegs, a platform, and a sled. An average training session includes 10 flips with the tire, a 5 minute rest, loading fours kegs onto the platform, another rest, and then repeating the process a few times, with each circuit being timed, which helps me with conditioning and speed.*

BC: With all of the heavy lifts you do what are your measurements?

JM: *Height: 5'4"; Weight: 173 lbs.; Arms: 15.5"; Chest: 44"; Thighs: 25"; Calves: 17"*

BC: What type of vitamins or supplements do you take?

JM: *A multivitamin, whey protein powder, and muscle milk.*

BC: What are your future plans in weightlifting?

JM: *I would like to compete in Olympic lifting contests, and maybe another powerlifting contest before I focus my training on strongwomen contests. I would also like to promote strongwomen contests when I am too broken down to compete in them myself*

The THOUSAND KILO Club Highest Totals of All Time

as compiled for PL USA by Herb Glossbrenner

KGS.	LBS.	LIFTER	BWT.	NAT.	DATE
1180	2601.4	Frank, G	375	USA	24Jun01
1119.5	2468	Turtianen, A	274	FIN	11Aug01
1117.5	2463.6	Coan, E	242	USA	12Dec98
1115.8	2460	Clark, A	333	USA	28Mar93
1115	2458.1	Pasanella, D	275	USA	28May80
1102.5	2430.3	Wilson, O.D.	380	USA	29Jan81
1102.5	2430.5	Badenhorst, G	307	RSA	14Oct90
1100.8	2427	Ware, J	343	USA	29Jan89
1100	2423	Kazmaier, B	330	USA	31Jan83
1097.7	2420	Reinh0udt, D	357	USA	03May75
(10)					
1097.7	2420.1	Kovacs, D	320	USA	19Nov00
1097.5	2419.3	Goggins, S	258	USA	24Jun01
1090	2403	Furnas, D	273	USA	29Jun87
1090	2403	Wessels, W	239	USA	07Apr97
1077.5	2375.4	Noren, L	300	SWE	15Nov87
1075	2370	Cole, J	282	USA	228Oct72
1075	2370	Hechter, G	353	USA	03Mar85
1072.5	2364.4	Bolton, A	300	GBR	19Nov00
1070	2358.9	Fusner, R	294	USA	19Nov00
1070	2358.9	Papazov	276	UKR	Oct01
(20)					
1068.2	2355	Smith, M	300	USA	17Jun01
1067.3	2333.4	Robinson, M	308	RSA	14Oct90
1067.5	2353.4	Tregloan, P	352	GBR	06Jul97
1067.3	2353.4	Coates, R	307	USA	12Dec98
1067.5	2353.4	Moore, B	326	USA	12Aug01
1063.9	2350	Kuc, J	327	USA	11Nov72
1062.5	2342.4	Wrenn, P	340	USA	12Jul81
1062.5	2342.4	Mikesell, B	337	USA	11Jun00
1060	2336.9	Hall, M	410	USA	26Feb89
1060	2336.9	Henry, M	403	USA	04Oct95
(30)					
1054.6	2325	Barno, D	308	USA	17Jun00
1052.5	2320.4	Formin, Y	SH	RUS	30Sep00
1052.5	2320.4	Hamalainen, M	290	FIN	12Aug00
1052.5	2320.4	Childress, P	304	USA	24Aug00
1050	2314.8	Warman, S	275	USA	23Jul92
1050	2314.8	Saliger, K	295	AUT	Apr93
1049.1	2313	Waddington, D	308	USA	13Jun81
1047.8	2310	Ruggiera, M	380	USA	12Jun00
1047.5	2309.3	Young, C	370	USA	14Dec86
1047.5	2309.3	Karwoski, K	275	USA	28Jul96
(40)					
1043	2303.8	Kenady, D	303	USA	04May79
1043.2	2300	Dimel, M	319	USA	03May86
1043.2	2300	Pitts, G	336	USA	14Apr94
1043.2	2300	Hunt, J.R.	389	USA	01Nov97
1043.2	2300	Skiver, T.	SH	USA	13Oct01
1040	2292.8	Voroniin, J	375	USA	11Jul99
1037.5	2287.2	Moran, L	316	USA	17Dec83
1036.4	2285	Lowe, G	260	USA	21Mar98
1039	2281.7	Rethwisch, G	340	USA	18Dec84
1033	2281.7	Gurianov, M	SH	RUS	21Nov99
(50)					
1035	2281.7	Midote, D	SH	JPN	00
1035	2281.7	Bondarenko, V	SH	RUS	15Sep01
1034.2	2280	Stafyoftd, J	288	USA	19Nov00
1032.3	2276.4	Nichols, B	273	USA	21Oct87
1031.4	2274	Wohleber, D	268	USA	11Dec82
1030	2270	Gamble, J	275	USA	24Jul83
1030	2270	Meszaros, T	SH	HUN	15Nov98
1027.5	2263.2	Hill, H	320	USA	29Oct05
1027.5	2265.2	Gillingham, B	320	USA	21Aug01
1025.1	2260	Chaillet, M	260	USA	16Nov86
(60)					
1025.1	2260	Waddle, T	300	USA	03Dec99
1025	2259.7	Hanman, S	359	USA	30Mar96
1022.3	2254.2	Trevizo, R	273	USA	07Feb99
1022.5	2254.2	Barry, L	308	USA	12Aug01
1020	2248.7	Neighbor, J	275	GBR	Nov94
1020	2249.7	Savickas, R	SH	LIT	19Nov00
1020	2248.7	Grove, J	301	USA	12Aug01
1018.3	2243	Starov, M	241	RUS	07Jul96
1017.3	2243.2	Binkowski, J	330	USA	19Dec99
1017.3	2243.2	Gallo, C	300	USA	19Nov00
(70)					
1017.3	2243.2	Urchik, P	242	USA	19May01
1017.5	2243.2	Wiseman, S	308	CAN	19May01
1016	2240	Williams, J	336	USA	16May72
1016	2240	Patterson, R(M)	340	USA	29Nov89
1015.5	2238.7	Podynny, M	SH	RUS	30AprOO
1015.3	2238.7	Kuttroff, H	SH	GER	07May00
1015	2237.7	Carney, J	220	GBR	24Oct93
1015	2237.7	Farmer, P	242	USA	161Jun93
1015	2237.7	Smith, S	215	USA	25Jun00
1012.5	2232.1	Bouvier, W	321	USA	24Jul83
(80)					
1012.5	2232.1	Masters, B	SH	USA	05JUL98
1012.5	2232.1	Naleykin, V	SH	USA	25Jun00
1011.3	2230	Henderson, T	275	USA	04May85
1010	2226.6	Barlow, R(M)	SH	USA	06Nov99
1009.2	2225	Pearce, R	SH	USA	24Feb90
1007.5	2221.1	Leslie, C	242	USA	03Jul94
1007.3	2221.1	Meehan, A	308	CAN	19Nov00
1006.9	2220	Fortier, M	275	CAN	30Apr95
1004.7	2215	Hackett, E	275	USA	01Feb81
1004.7	2213	Taylor, L	SH	USA	18Feb89
(90)					
1002.5	2210.1	White, E	341	USA	31Aug75
1002.5	2210.1	Obradovic, J	273	USA	22Jun97
1002.5	2210	Wilson, S	242	USA	23Feb85
1002.5	2210	Brodsky, S	380	USA	07Apr91
1002.5	2210	Greig, B	308	CAN	15May91
1000	2204.6	Long, T	299	USA	06Mar83
1000	2204.6	Steinacker, T	380	USA	17Feb85
1000	2204.6	Bell, W	242	USA	22Nov87
1000	2204.6	Hardridge, T	290	USA	03Dec86
1000	2204.6	Nestor, B	242	USA	07Jul91
(100)					
1000	2204.6	Zerhoch, H	SH	GER	Apr93
1000	2204.6	Springer, P	308	USA	29Oct95
1000	2204.6	Jonsson, A	275	ISL	21Nov99
1000	2204.6	Malanichev, A	273	RUS	04Mar01
1000	2204.6	Serebryakov, A	SH	RUS	04Mar01

Number of Lifters-per Country: 77-USA, 8-RUS, 4-GBR, 4-CAN, 2-Ger, 2-RSA, 2-FIN, 1-AUT, 1-HUN, 1-LIT, 1-ISL, 1-SWE, 1-UKR

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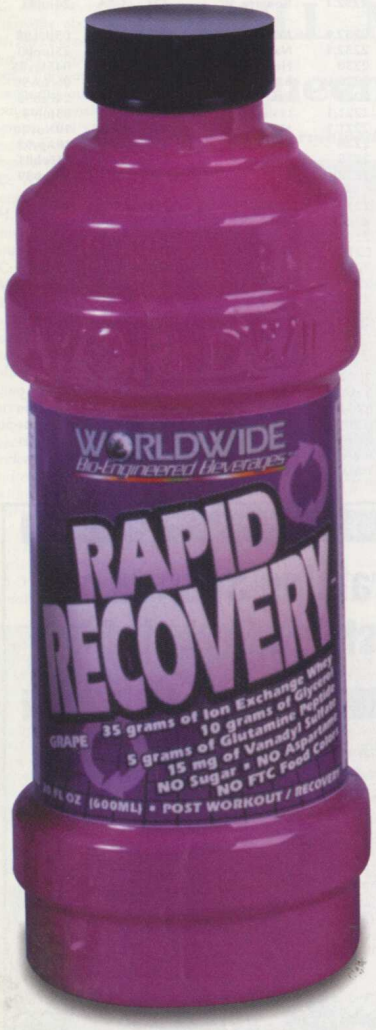

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STARTIN' OUT

A special section dedicated to the beginning lifter

Meet Support Engineer

as told to Powerlifting USA by Doug Daniels

We think of powerlifting as an individual sport and for the most part, that's true. The lifter is out there alone on the platform and its between the lifter, the weight, and gravity - but, for best results at a meet, each lifter needs some specialized and devoted support and that comes from his meet support engineer. This help or support extends far beyond just yelling encouragement to the lifter on the platform. That's where our individual sport gets some team flavor added to the mix.

In previous articles I developed checklists for lifters to review before and after a meet. The goal of those checklists was to ensure a lifter was prepared for all items to address leading up to a meet and to learn from each meet's successes and failures. No checklist, to my knowledge, lays out the job description of the meet support engineer or helper - for those not verbosely inclined. In order to do this, I have broken out the checklist by categories: pre-lift, each power lift, and miscellaneous.

Terry Todd assists Lamar Gant with his suit at Larry Pacifico's 1982 Senior Nationals.

Pre-Lift

1) Submitting opening attempts
2) Weigh-in assistance
3) Gaining understanding of rules used at meet
4) Insuring all lifting gear, etc. is available

Squat

1) Bar height and rack in/out setting for each attempt
2) Assist putting on squat suit before each lift
3) Belt tightening
4) Knee wrapping
5) Knee wrap re-rolling after attempt
6) Assist in loosening equipment after attempts
7) Chalk application on lifter

Bench press

1) Assist putting on and removing bench shirt
2) Adjust bench shirt between attempts
3) Chalk application on lifter
4) Belt tightening
5) Foot platform location (if used)
6) Hand off (if allowed)

Deadlift

1) Assist in putting and removing lifting gear
2) Belt tightening
3) Powder application to lifters legs
4) Minor first aid

Miscellaneous

1) Warm-up room help
2) Keeping track of lifting order
3) Location of lifting gear
4) Safeguarding chalk and baby powder
5) Communicating next attempts on each lift after opener
6) Assist in determining next attempts
7) Quick check to see if bar is at least symmetrically loaded for attempt
8) Ask for spotters to clean excess chalk, etc. from platform and bar
9) Check lifter's standing during meet
10) Food and beverage dispensing
11) Critiquing lifting technique
12) Taking meet photos or videos

As you can see, the job description of a meet support engineer is quite substantial. I'm sure I left some duties out so this list could easily be longer. While being a meet support engineer myself at many meets, I've felt as exhausted as the lifter that I was helping afterwards. I can not understate the value of a competent helper or aid at a meet. I've seen lifters not even take the platform for an attempt because they were not even aware it was their turn to lift. That's a very costly and unnecessary mistake. Good meet support can give a lifter a huge advantage over the competition. Combine critiquing lifting technique, logical attempt selection, proper and timely lifting gear application and just plain old paying attention to what's going on at the meet and it can mean the difference between a successful meet and a forgettable one.

This function can best be compared to a corner man in boxing. The corner man (or woman) is dedicated to supporting the athlete. Without a good support engineer, a lot of hard work can go down the drain. Oh yeah, yelling encouragement to your lifter is just as critical as any of the items on the list above. Powerlifting is an individual sport for sure but a little teamwork can give you a big advantage.

Doug's Web address: members.aol.com/ddanil12345/default.htm

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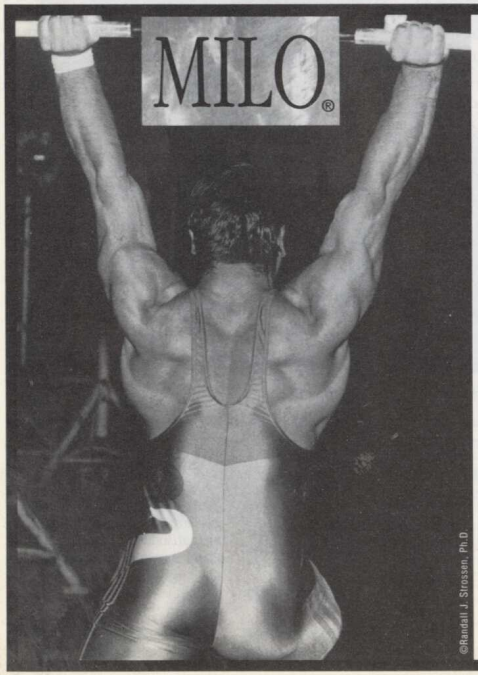

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FORCE TRAINING

by Dave Tate of Elite Fitness Systems

Question: To my benefit I use the 'ME' method, that prescribes that I train core barbell exercises with weights over 90% or more. Mr. Simmons has said that maximal strength is best obtained with weight above 90%. What research dictates that absolute strength (maximal) is best developed with weights over 90%? Why not lift in the 3-5 rep range with 85%, as has been prescribed to me by other powerlifters? Then, accordingly, why not train the assistance exercises with weights over 90%? Thanks for your time.

Answer: The Maximal Effort method as described in "Science and Practice of Strength Training", "Supertraining, Science of Sports Training", and most of the Russian Manuals "Training the Weightlifter" etc. states that there is greater MU recruitment with weights in the 90% plus range or maximal weights. There are several reasons for why this methods works so well.

1. Greater MU recruitment
2. Great for Muscular Coordination
3. Teaches you to Strain: This is a very important and misunderstood aspect of training. If it takes you 3 seconds to complete a maximal deadlift in competition, and for some reason you have only strained with a weight for 2 seconds in training, you miss. This is because you have not be conditioned to strain for the time needed. Most lifts will be completed within the 2 to 4 second range. By straining, we are referring to the strain with one rep. This is the same as the one rep needed in competition. If you strain for 6 seconds over three reps then you are still only straining for 2 seconds per rep. We are interested with the output you can maintain with one rep.
4. You need to handle heavy weight to get used to the weight: This is also misunderstood as far as how we train. If your good morning is 400 pounds and you squat 600, then will this help you get used to heavy weights? Yes, because you are straining with maximal loads slightly outside your groove. What happens when you miss a weight in competition? You usually fall out of the groove and do not have the strength to recover, or do not have the strength to hold the position in the first place.

There are several other reasons as well, but I would like to comment on a few other things. The best research we have is the group of guys who have trained at Westside for the last 20 years. The best thing we have done, to find if something works, is to have the guys do it and see what happens. Most of the things we have tried did not work out so well, but every now and then we do find a few things. Some of the things with max effort work that we have found is that the movement has to change every one to three weeks, sometimes you have to not do the max effort work for a week - but still hit the other movements, and there are times where three reps may be better than one depending on the movement and lifter, but even if they are doing triples for a few weeks they still need to get in the singles for the majority of the training.

As to why we do not use it for every movement - your body can only handle so many reps over 90%. Prilipin's Chart for Management of the Weightlifter actually states 4 to 10 reps as being the maximal number of reps that should be handled over 90% percent. He studied the Olympic Weightlifters in the USSR years ago to come up with these numbers. We have found on max effort day this number to actually be 2 to 4 with our lifters. For circa-maximal work on dynamic days where the band tension plus weight is over 90% that 10 reps is the max. This would be in the form of 5 sets of 2 reps. When more sets were completed overtraining occurred. I hope this helps you to better understand the dynamics of the maximal effort work.

Question: You stated in your 'Accommodating Resistance - How to use bands and chains to increase your max lifts' article in T-Magazine that "This type of training should only be used by those with a strong training background, at least three years of consistent training or a Class I in the sport of powerlifting." Do you still agree with this statement? Also, can someone be too much a novice to train Westside - period?

Answer: Yes and No - it depends on how they are used. The Circa-maximal phases are best left to those who have been training for a while and have a strong training background. On the other hand, I have also found the best way to teach a beginner to squat is with the bands, not a lot of bands - just a pink or mini band. I am looking for just enough tension to teach them to get tight with the bar when they squat. This little bit of band can also teach them how to stand up with more force. Applying force and staying tight are two of the hardest things to teach a beginner and the bands do it without a lot of effort. Using the bands for max effort and special movements is fine for anyone, as well as the extra workouts with the bands. If you really understand the principles used by Westside you would see they are the best way to train a beginner. There are a great number of first reps with the squat and bench press, and a large amount of stress placed on the core muscles. There still are many things to keep in mind with a beginner that cover more than the scope of this Q & A but would make for a great article. This topic is covered in the introductory section of the seminar video.

Question: First off, I want to think you for all your helpful answers and hints. Now, I have a Squat question. Last week on ME day, I did 320 off the box for a new PR. This week, 330 planted me on the box, and I noticed in my earlier sets that it was real hard for the first couple of inches. I've also noticed that on speed day I come off the box a little slow. Is this a sign of weak hamstrings? If so, what are the best exercises to help? Thanks

Answer: This is a classic sign of weak hips. Start by taking your squat stance out some. Here is the way to test what I say. Stand up and get in your normal squat stance. Now squat down. Now stand back up and take your stance out. Point your toes straight or just slightly out. Now squat down again. You should feel a lot of tightness in the hips, making it too hard to squat all the way down. This tightness is your muscles being primed to squat. This kind of form will require you to push yourself down into the position from which you would tend to spring back up. This would be called a stretch reflex. So, by taking the stance out, you will be bringing more muscle into the squat. Now, here is the problem. You may not be flexible enough to get down. In this case, take the box up to where you can get down. With each set try to lower the box 1/2 inch or so until you get back to where you started. This, in itself, will help to strengthen your hips. Other movements to bring your hips up include: Pull Throughs, Ankle Dragging, Ultra Wide Sumo Deadlifts and Wider Zercher squats.

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Dr. JUDD

America is the Greatest Country in the World

as told to PL USA by Judd Biasiotto Ph.D.

It's my job to provide words that will help athletes aspire to the furthest reaches of which they are capable. They pay me to investigate and reveal esoteric information that will help athletes go beyond what even they think is possible for themselves. I take my position very seriously, and I feel a tremendous responsibility to you, my readers, to give you all that I can give. But, in this time of national anguish, which troubles the American soul, the only thing I can write and the only words that seem to be appropriate, are about this majestic and extraordinary country of ours. So please forgive me for this moment of indecorum and flag-waving.

***Dr. Judd Biasiotto** holds his country dear.*

First of all, let me say that there is no doubt that America is the best country in the world. In fact, there is no other country that even comes close. We are number one in the world in health care, social health reform, military sciences, cybernetics, agriculture, communications, space immunology, entertainment, biomechanics, physics, and the list goes on and on and on. We've done incredible things in the fields of cybernetics. We've put a man on the moon and brought him back home safely. That's still a fantasy for every country in the world. Our "Space War Technology" is just as impressive. That was certainly evident in the Gulf War. The missiles we've created are smarter than most people in the world. They certainly know how to get from one place to another after being told. Think about it. We were making surgical strikes with our "smart missiles" from many miles away. It was an impressive display of power. We even televised the war. I'm sure the other countries in the world were thinking, "Damn, this can't be possible, this is incredible, awesome, frightening." It is incredible, but America has always been known for making the impossible possible. I don't know if you're aware of this, but our biochemists have actually created life. It's a single bacterium phagocyte cell that devours oil. That's right - oil. They manufacture the cell in a lab, dump it on an oil spill and presto - no oil. The cells gobble it up.

Here is something else that will probably freak you out. The bionic man is no longer a pipe dream. In fact, the dream of a bionic body is already somewhat of a reality. Doctors have successfully replaced the heart, pancreas, kidneys, limbs, blood vessels and hip joints with synthetic devices. Other equally impressive man-made body parts, such as electronic ears, electronic limbs, polymer blood vessels and artificial blood, have also been developed and manufactured. Even more encouraging is the fact that improvements and breakthroughs in the field of biomedical engineering are coming fast and furious. Developments barely dreamed of a decade ago - electronic restoration of some sight to the totally blind, or the creating of a substitute lung - may be realities within the next few years. With the help of new materials and techniques derived from aerospace engineering, polymer chemistry and bio-electronics, other recent advances have been so extraordinary that some scientists claim that within a decade biomedical engineering will be able to make us better than normal - ala the Six Million Dollar Man. Not only that, but they're going to be able to do it without altering normal appearance, and in many cases will be able to improve your appearance.

And how about our genetic engineering programs? What we are doing in this field is absolutely mind-boggling. Believe it or not, we are at a threshold in biotechnology where our scientists will not only be able to create a near perfect human being, but will be able to create an individual with tailor-made looks, intelligence and character traits. I'm talking designer human beings here. In fact, with the help of biotechnology, parents - even single ones - will be able to choose the exact type of child they want. They can have a genius, an athlete, a beauty queen ... whatever they want.

Actually, genetic engineering has already been used to eliminate diseases of a hereditary nature and has allowed scientists to select desired genes for newborns. And that's just a fraction of the seemingly impossible things that we are doing in America. I'll say this, too - when AIDS is finally cured, it will be an American who will cure it. I guarantee it.

No other country in the world comes close to having that type of technology. When you talk about Japanese technology, you are talking about cameras and radios; German technology, you are talking about automobiles; Russian technology, you are talking about outdated tanks; and Middle East technology, you are talking about a pick and shovel. When you talk about American technology, you are talking about inter-galactic space travel, Star Wars, and biological monoclonal predators... Hell, we have guys playing golf on the moon for God's sake. No country can compare to us in any shape or form. NO COUNTRY!

After the World Trade Centers came down, a number of friends said that we had lost the propaganda war. They declared that everyone in the world hated the United State and that everyone was glad to see us finally feel the sting of vulnerability. Well, let me tell you, that pre-supposition is wrong. I have had the fortune to travel to most countries in the world and do you know what? Well, over 95% of the people I have met love America. I am talking about Middle East countries, too. The Arabs, the Egyptians, the Chinese - they all want to come to America. They know that no country in the world has the freedom and opportunity that America offers. Believe me, just about everyone in the world wants to come to America, and they don't just want to visit either. They want to live here. They know that America is the greatest country in the world. We have not lost anything when it comes to celebrity and notoriety. We are still the greatest country in the world. The day people stop climbing over the barbed-wire fences at our borders to get into the United States is the day I'll say we have a rapprochement problem with the rest of the world. I don't see anyone climbing over those fences to get out of America.

And here is something that makes me really proud to be an American. As powerful as our nation is, we are still the most benevolent country in the world and probably the least appreciated people on earth. If the truth were told, America feeds and clothes the rest of the world, and when tragedy strikes, America is always first to run to the rescue. When the ruins of war threatened to cripple Germany, Italy, Japan and Great Britain, it was America who pumped enormous amounts of money into these countries to ensure their survival and then later on relinquished them from their debts that were in the billions of dollars. In the 50s, when France was on the verge of collapse, it was America who bailed their ass out. We did the same for Indonesia and Haiti. More recently, when earthquakes rocked India and Japan, America was first on the scene. Not just giving money, but also giving medical and worker assistance. And let's not forget the Marshall Plan and the Truman Policy that poured billions of dollars into disadvantaged countries such as Brazil, the Philippines, and, yes, a host of Middle East countries. Not only have none of these countries repaid their debt, they don't even pay the interest on their loan. Worse yet, many of these countries scorn and degrade America in their media. That is an absolute joke to me.

I can think of thousands of times that America has come to the aid of other countries, but how often do other countries come to our aid? Our Twin Towers are down, our Pentagon damaged, thousands of lives have been lost, but it is Americans who are clearing the rubble and it will be Americans who build things back up again. We stand alone, but we will rise from these ashes bigger and better than ever. And when we do, all the world will once again stand in awe at our greatness.

POWER PROFILE

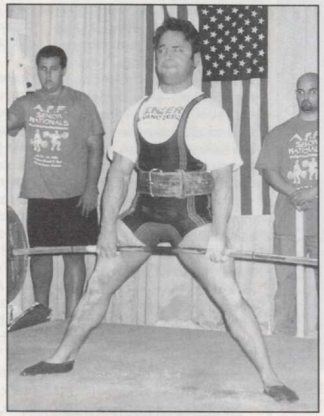
a detailed PL USA look at some of the best lifters in the world

RICH SALVAGNI

POWERLIFTING COMET!

as told to PL USA by JON SMOKER

There came a point in my lifting career, where I had squeezed everything I could out of my genetic blueprint, and I had to face the fact that I was never going to get to the top of the mountain. Maybe I had started too late, was too tall for my weight class, whatever. I had confidence that I knew what I was doing, having made steady gains for twenty years and always getting good gains for the other lifters that I coached. So it was then, like a lot of coaches before me, that I began hoping that someday a lifter would cross paths with me that I could take to a higher level than I had attained. I had come across a few athletes that had the physical gifts, but could not match my will power and discipline, and conversely, some lifters wanted success so bad they could taste it, but did not have the physical gifts. How I longed for an athlete that combined both. Enter Rich Salvagni.



Rich Salvagni deadlifting his way to the title.

I hate to admit it, but I cannot remember the first time I met Rich Salvagni (the 'g' is silent). That is one of the unfortunate drawbacks of promoting 8 meets a year for a dozen years: you tend to only remember the lifters who make a big impression on you either positively or negatively. The first time he really got my attention was a few years back when he was lifting in the 148 class and went toe to toe with Jim Loftus, a Central Bench Press League record holder and many time best lifter award winner. Rich made an excellent 330. It then seemed like he kind of disappeared for awhile, and the next thing I knew he was showing up at my meets again as a 165er, making lifts well over 400. Now he really had my attention. Then about three years ago he finally entered the deadlift competition at one of my meets. My interest was definitely piqued, but I was less than impressed when he pulled a little over 500. What I did not know at the time was that it was the first time he had ever tried deadlifting. Then in the spring of 1999, he pulled a 555 deadlift to go along with a 450 pound Top Ten bench press. In the fall of that same year he squatted 620, eclipsing my best ever by 5 pounds. So when he approached me about training him for the APF Srs., I jumped at the chance; here was the athlete I had been waiting for. He certainly had the genetic material and right from the get-go, I discovered that he approached his workout sessions with the same intensity as I do. Personal problems hampered his training somewhat and then the day of the meet he had problems with the jitters that go with being in a National Meet.

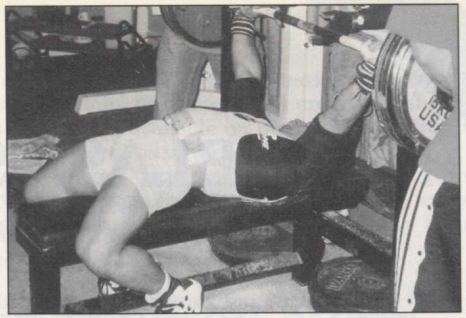
As a rookie, he placed fourth, losing third with the deadlift he was clearly strong enough to make, when he lost his balance forward during the completion of the lift. Clearly disappointed, he did what all great athletes do; resolved to come back the next year and win the whole thing. The intervening year could not have gone better. We hit a couple smaller meets just to get his sea-legs sharper. After all the 2000 Srs. was only his third power meet. He continued to make personal bests and then his training this past spring were right on target. He came into the Srs. brimming with confidence and hit his lifts really well, making all personal bests, 644 473 606 1724, for his first National championship after about three years of training. Never satisfied, he was disappointed that some of the big name lifters from the year before were not there because they were concentrating on the pro meets. In his defense his total was higher than the winning total from the previous year and it took Gary Frank's 2601 to beat him out for Best Lifter for the whole contest.

In the days when there was only one association and it was easier to follow the careers of everyone, the only two lifters that readily come to my mind whose careers were as meteoric as Salvagni's, are Walter Thomas and Mike Bridges - rare air indeed. I remember Thomas getting his masters total in his first or second meet and within a year or two he was winning National and World titles. Bridges just burst upon the scene like a comet in 1977, challenging world records, leaving everyone shaking their heads and wondering where this guy had come from. The following year he won his first National title. Ask Rich how it feels to get to the top so fast, and he will tell you - he has not thought about it that much, and besides there are still guys ahead of him. He felt like there were potential lifts for him out there to achieve, and the rest was just a matter of putting in an incredible amount of hard, gut-busting work.

Going back to the beginning, his athletic background was rather unremarkable: he did gymnastics, but kind of fooled around with it at the YMCA since his school did not have a team. He did the all around, specializing in the rings where he could do an iron cross, which comes as no surprise. He also ran track when he was a freshman, getting a 24.7 in the 200 meters and high 11s in the 100, pretty good times when you consider that he only stands about 65 inches tall. One thing that really jumps out is the story of a job he had around the time he was going through puberty: his was a single Mom and one of the things she did to make ends meet was to clean a steakhouse, starting at four in the morning. Rich and his three brothers went along as it was their task to put all the heavy wooden chairs on the tables while she cleaned, and then put them back down again. At first two of them would struggle with one chair, but in the end they were just throwing them around. Rich had to think about it, when asked, because there were different areas, but when he totaled them up, there were 800. Talk about classic progressive resistance! Although he hated it at the time, even Rich begrudgingly has to admit, now, that it laid a foundation for what he has been able to accomplish in powerlifting. This was born out the first time Rich tried bench pressing. He was 14, and weighing 112, and he made 195. Instantly hooked, he started training that night, finding an old 30 pound dumbbell set which had belonged to his uncle. He would work out about an hour every night, doing curls and push-ups. Like Bridges, he concentrated on bench pressing for a number of years before trying full power meets.

Fast forward to 1997 and a chance meeting with Brendan Yoder at a bench meet. They instantly hit it off, and Rich's success in the bench is as much about his ability, as it is Brendan's rapid development as a bench coach. A basketball player in college, he is fighting leverages in the bench press at 6' 3" and 220 pounds, but that has done nothing to suppress his love of the sport, and his rapid assimilation of a wealth of training material. And indeed all of Rich's success in the bench press has occurred since he let Brendan began training him in the bench press.

The routine Brendan used to get Rich ready for the APF Srs. is a combination of Coan, Simmons and his own innovations. It consists of three mini-cycles: the first uses reps in the 8 to 5 range, the second - 6 to 4, and the third - 5 to 3. Heavy benching is done once per week, followed by tricep work. On a separate day, shoulders and biceps are worked. Every mini-cycle, the exercises are changed. One time it might be block presses and dips, the next might be paused reps and tricep push-downs and the final one might be floor presses and tricep extensions. Flat benches are always done first with some grip variations. The rep scheme for the core exercises are the same as the aforementioned ones. The total workout consists of 10 to 12 sets. One thing that is pure Yoder is the use of bungee cords on a power rack in place of the pins. Placed a few inches off the chest, it mimics the action of a bench shirt because the bar gathers tension as you bring it downward and it hits the cords on the way to the chest, and then the stretched tension at the bottom helps you drive the bar up, just like a shirt.



Rich setting up for a 457 bench in Florida. (Glossbrenner photos)

Another one of the big things Rich has going for himself, that is difficult to teach, is his ability as a meet lifter. His 473 bench at the Srs., for example, was just incredibly explosive. Ask questions to gain insight into how he does it, and you come up with, well, nothing, because that's what goes through his head when he performs a lift. The world just disappears for a moment and he hears and sees nothing. He just knows he is going to make a lift before he attempts it and then the 'black-out' occurs and the weight is nothing. This is so reminiscent of the young Mike Bridges. Talking to him after a 578 squat at 148 back in 1977, he said: "The weight felt like nothing, like a warm-up with 135."

As a coach I try to keep the instructions simple on meet day. I think it is a mistake to clutter a lifter's mind with too many things when he is heading for the platform. So for example, at the Srs., prior to Rich's squat attempts, I just told him to picture the perfect squat he had made in his last meet and duplicate it. I also do a thing with reverse psychology: in the gym I would tell Rich to picture himself at the meet, to hear the noise, see the lifters, crowd, judges and feel the adrenaline rush. At the meet it is just the opposite; I tell him you are back at the gym and this is no big deal.

Ask Rich about his goals and you encounter a well-rounded individual: he wants to complete his MBA, be a good father to his two children, and move up the corporate ladder (he is a sales manager for a company that sells vehicular hardware - 'nothing sexy'); and then come his lifting goals: a 3 times bodyweight bench press and an 1800 total, and then he can dare to dream about an IPF title.

Like most lifters he draws a lot of inspiration from coaches and other lifters. Ed Coan comes immediately to his mind, but then he also mentions state level lifter, Jason Shoopman, because he sees how very disciplined he is in the gym and the clean, picture perfect lifts he does in competition. He also found John Wood motivating because he chased his CBPL record for years and then when he met him, found him to be a class act who has always been very helpful at meets. Of course, Rich mentions his bench coach, Brendan Yoder, whom he credits with much of his success in that lift. And then he cites this old coach, and that's cool, but the pleasure has been all mine; he was the athlete and person I had been looking for: someone I could take to a level far beyond what I achieved. That is the way it is supposed to be: any teacher who does not want to see a student take his mastery to a higher level, is doing that student a big disservice and is definitely in the wrong business. Go Rich!

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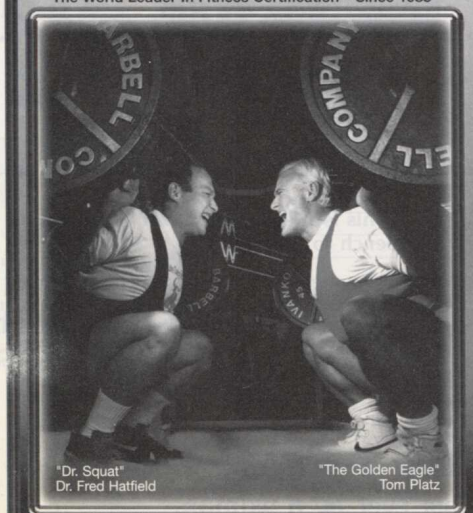

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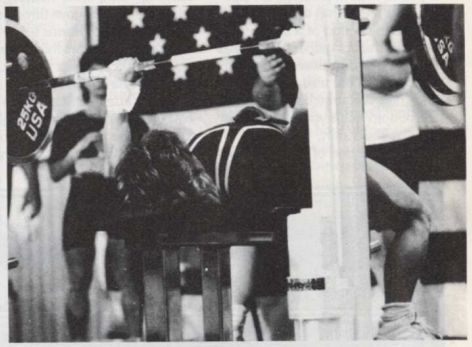

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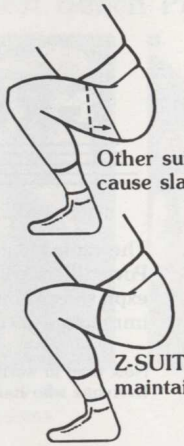

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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send $15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I have been on your Metabolic Diet for 4 weeks now and all is well, as I seem to be full of life and energy. I am following the strict 5 day - 30 gram carb - 2 day carb up approach. In your book you recommend having a blood test before going on the diet and then another one further down the line to make sure everthing is fine. Due to an awkward doctor ,who did not want me to go on the diet - never mind help me with blood tests, I went straight into the diet with no blood test being done. I now however have found a private company who will do the blood tests you talk about in your chapter "Getting Started" in your Metabolic Diet book. I was thinking of having one done now and then another done 6 months down the line. Does this sound alright to you or because I missed doing it before starting the diet is everything messed up? What do you recommend I do in terms of frequency of blood tests, i.e., do I need to have a blood test done every 6 months to be on the safe side. Thank you so much for your valuable time and do you have any objections if I forward my blood test results to you to check for me as I don't know if my doctor will be happy that I am going through with it. **Rob**

DEAR ROBERT: *Although it would have been nice to have had the lab work done prior to going on the diet, it's never too late. The only problem with not having the blood work done prior to starting the diet is that we don't know if any abnormalities were caused by the diet or were there before the diet. Nevertheless, it's a good idea to get the lab work done to make sure everything is OK, diet or no diet. If the initial lab results are OK, then every six months would do nicely. If everything is OK the first few times you could and should have the lab work repeated every year. Personally, I don't understand why some doctors won't monitor their patients on the diet. You would think that rather than pontificate they would be interested in what changes the diet brings about, whether positive or negative, and - as such - learn something useful. For example, if a patient had a high total cholesterol, a high LDL and a low HDL before going on my diet, pointing to possible heart problems down the line, and then after being on the diet the total and LDL decreased and the HDL increased, resulting therefore in an improvement in blood lipid values, then he/she would become less dogmatic and more supportive of the diet. In fact, the doctor, as many doctors are doing today, would actually recommend my diets to certain patients. This is all aside from the usual results that people get from going on the Metabolic/Anabolic Diets and that is a reduction in body fat, an increase in muscle mass, and an increased feeling of well being and self esteem. By all means, send me your results by e-mail and I'll have a look at them. Best regards,* ***Mauro Di Pasquale MD***

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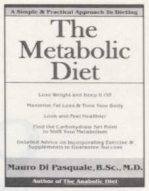

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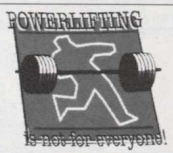

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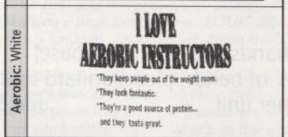

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POWER PROFILE

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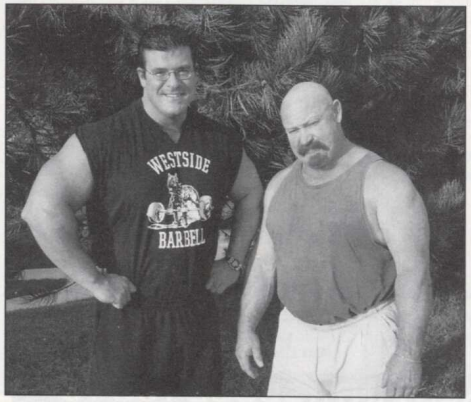
Exposing the Secret of Westside Barbell Success

told to PL USA by J.M. BLAKLEY



***Great Methods and Great Attitude** aside, it takes a great man to mold champions. The author of this article, J.M. Blakley, standing above at left, with **Westside's Best Kept Secret: LOUIS SIMMONS.** By the way, folks, Lou is smiling! (photograph taken by Eskil Thomasson)*

How do you explain it? So many World-class lifters and so many World Records from one city and, predominantly, one tiny gym in that city. Both past and present, an uncanny number of the globe's strongest humans call the Westside Barbell Club "home". The club record board reads like the current list of World records. In fact, 4 lifters train there now who have over a 700 lb. bench! The reality of facts like that can be staggering. Only about a dozen and a half people in the history of the sport have ever done that, and here's four in one gym! How is it that so many ultra-strong people are associated with W.S.B.? Few explanations hold any water and a myth has arisen around the club and it's denizens. Quite the mystery!

Well, I know the Secret. And if you've been lucky enough to visit the club, you do too. First I'll tell you what it's *not*: it's not special equipment, special exercises, special routines, "team spirit", or even "the Westside Mentality" (although the latter helps). It's simpler than that.

The club proper is a cramped training hall no bigger than a two car garage. It's dirty, dusty, and occasionally there is blood on the walls (usually from a near-grand box-squat attempt in the MonoLift that causes a nosebleed or two. Why no one cleans it up *is a mystery!*). There are 45 lb. plates all over the place (except on the weight trees, which serve mainly as a place to hang belts or sweats) and it's such a hassle to find any 5s or 10s that everyone just usually jumps by 25s between attempts. Chains are strewn about, giant rubber bands hang from every conceivable bar or post or upright and, by God, I don't believe there has ever been a piece of chrome in the joint. It is the true definition of hardcore, no-nonsense, old-school, bare-bones training facility. There is absolutely nothing special about the physical facility of W.S.B., nothing. In fact it's lacking in many things. If you're not squatting or benching, there's really nothing to accommodate you. I wanted to do some light military presses to loosen my shoulders up and had to resort to sitting back-to-back on a bench inside a power rack (this crude solution did work, though). I've never seen a deadlift performed at W.S.B. and I'm not exactly sure where they would do it. I'm not kidding, it's that small and cramped. I know some lifter's stances would be too wide for the power rack and there's just no comfortable floor space. I'll probably never know that one myself, I'm a bencher and you'll never catch me in there on a deadlift day! Anyway, believe me the secret isn't in the equipment.

But something must explain the prodigious number of top level strength athletes that come from Westside ... or someone.

Everyone is aware that there is a style of training called "Westside Training". And this is surely no secret! Lou makes his methods known in articles, videos, and Dave Tate of Elite Fitness Systems gives seminars on the methods ... it's anything but secret! If the methods were special then everyone who follows them would be world dass The methods are the talk of the powerlifting world and one call to Mr. Tate and you're on the inside yourself! Lou has never kept his ideas to himself!! No, the methods are not the secret. Everybody and their brother are using at least some Westside methods. But there's still no place with as many champions. Is it something about the Midwest? What's in the water? It's not the water and it's not the method. Although the methods work terrifically, everyone everywhere is doing them.

The truth is that there is no secret to Westside Barbell other than Louis Simmons himself. He is single handedly responsible for the entire mystery of the unparalled success of W.S.B. Lou is the soul of W.S.B. and he has generated champions around himself. Why Columbus? Because that's where he happens to live. If he lived in Phoenix, then the World's Strongest City would be Phoenix. No jive. That's all there is to it. You can believe me or not, but if Lou lived in Phoenix, then this article would be written by some guy *like* me from Arizona. Lou would still have all his champions. I know it and all those who have set records wearing W.S.B. t-shirts know it. Lou has influenced powerlifting at a quintessential level, and like it or not, that cannot be undone.

Lou loves strength. He was fascinated by it in his youth and has given help to all those seeking to break through barriers even if they were from a rival club. He has been so deeply involved in creating champions for so long that he has indirectly touched every powerlifter today. And he did it all because he loves strength and has no other agenda.

Let me explain how this works. It's all about exposure. You can't go into a gym in the state of Ohio that doesn't have at least a couple of real powerlifters. Even if a young kid has no interest in the sport what-so-ever he sees "those guys" off in the corner with wraps and chalk and stuff. Someone tells him "those guys are powerlifters" and he then knows essentially that all powerlifters do is bench, squat, and deadlift 'cause that's all "those guys" *ever* do. He has been unwittingly introduced. He has been exposed. And this makes all the difference.

A few years go by and maybe he wants to improve his leg strength for High School football so he asks for help in the squat from one of the powerlifters. They teach him proper form and basic heavy iron mentality. He goes to college and can out squat the entire offensive line. He visits home on breaks and weekends to get tips on the bench from the powerlifters. At this point he may even be as strong or stronger than they are! But that isn't the point, they were there to introduce him in the first place. Maybe this young man decides to compete, maybe he doesn't. But he has been *exposed*. The more people who are exposed increases the chance of finding a champion. And in this sport, more champions are made than are born. And the truth is that there are probably lots of people just as strong as those we have at Westside in lots of other cities but they never get a chance because they never get exposed to powerlifting as a sport. If you never get exposed you never get a chance. They don't have guys off in the corner of their gym grunting and groaning with big iron. Hell, their gym might not even *allow* chalk. But here in Ohio everyone at least sees what powerlifting is. They don't understand it, but if the interest is there, they can ask someone how to bench better. And that starts it

all.

It's a numbers thing. I'll prove my point by asking all of you if you think any of you could be a world class Cricket player. Odds are you can not answer that question because you don't know anything about the sport of Cricket. You've never been *exposed*. You can not say with any certainty that you wouldn't be one of the best to ever play the game, can you? How would you know? Lou has exposed powerlifting in blanket fashion in Ohio and most of the Midwest.

Lou and W.S.B. are the epicenter for exposure. Lou has trained Champion lifters through the years and powerlifting at a high level has spread with them everywhere they went. Each one taking a little bit of Lou further and further from Columbus. It has gotten to the point today that anyone within a few hours of Columbus would gladly drive or pay or whatever for an invitation to lift there. (my own weekly trek is 60 miles round trip!). Today the gym is elite only or invitation. It is a magnet for the best. This was not always so. For years the gym was open to all who favor heavy training (and it was much larger, too). Lou has given many a high schooler their first squat lesson. The club became elite only slowly and one champion at a time. Lou still invites some with deep sincere interest who are not (as yet!) elite into the club and they train side by side with the worlds best. I don't know how one would get such an invitation but I believe it has everything to do with a true passion for strength because the non-elite lifters Lou lets in are dead-serious, Lou is in this for the long haul. He helped one champion at a time and still does!

If safe to say that Lou is probably only one, two, or three steps away from you. If he's trained you that's one step. If he's helped someone who's helped you, that's two steps. If he's helped someone who coached your coach that's three steps - only three steps of seperation from you to Lou! I guess it's time to break out the nickname: Lou really is the Great-Grandaddy of powerlifting!! I'm sure there are exceptions, but trace it and see. Lou did not invent the barbell, but I'll bet that he himself or something he's written is probably less than three steps away from you and your training. Check me on that, you'll see.

Lou infuses the W.S.B. with his aura. He genuinely cares for his people - even giving them a second chance after they've already used up all their second chances. (People do get kicked out of W.S.B., but usually by their training peer group, rather than Lou. Lou is quicker to forgive than those peers. The most common offense is poor attitude and Lou will not let it contaminate the system). Lou spends many hours in that place as training groups come and go and to all the same imperative: get stronger or get the hell out! If Lou isn't actually training to get stronger he is thinking about ways to get stronger! He tries countless variations using some almost comical contraptions, most of which fail miserably, but then he finds one that doesn't fail. And that is added to the Westside repertoire. Amazingly, even after all these years, he still manages to come up with a winner or two! Most recently he taught me what I call "unloading presses" in which the bar is suspended from rubber bands in a power rack and as the bar is lowered to the chest the weight is lessened or "unloaded" then as the bar is pressed the bands go slack and the lockout portion of the lift is trained. I have found this very effective, and I'm sure Lou came up with this one after five or six goofy exercises which didn't pan out. But Lou never stops looking! Because he never stops looking, he found this one. I admire his persistence and have benefited from it in my personal training. Lou is never done or "there". He is relentless in his pursuit of strength. At first I wouldn't even try some of the things he'd throw at me. They were crazy! But after several big break-throughs, I'll try anything he whips out at least once. 9 out of 10 are still crazy, but one in ten *works like crazy*! And now I'm willing to miss a few times to find the payoff. He is always looking for new ways of doing old things. He is never content to sit back. Westside is always evolving.

Lou generates an attitude of expectation at W.S.B. He expects you to thrive there. He expects you to break all your training records from last week. He expects you to grow. It is almost a demand. You walk in and everybody there expects your best effort, every time. Sure everyone encourages everyone else and there's camaraderie and so forth, but it's much more than that. You have a quota to meet. You're there because you're special (or you wouldn't be invited) and you're expected to deliver. Sure everyone has a crappy workout from time to time, but at Westside that's a real exception to the rule. If you can't cut it, or don't feel like doing the work, no one will hassle you, but believe me you'll feel the

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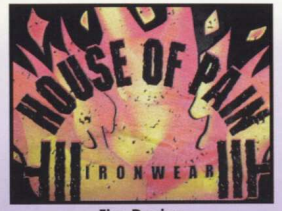

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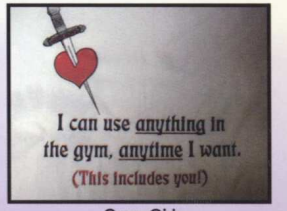

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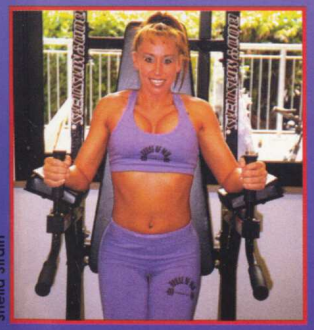
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pressure. Lou wants the best both *from* you and *for* you. If you're not putting out, you will be severely encouraged to do so! Lou has his ways, but in truth the way Lou works on you is from the expectation. You just don't want to let him (or your peers) down. He expects your best ... every time. You'll let yourself down before you'll let Lou down. I know we all feel that way. Lou has done plenty for all of us and we are in his debt. He's sneaky and uses that to keep driving us ... and he'll never admit that! He keeps us going when we would otherwise stop. He knows the deepest secret of all training methods: attitude. And he instills it in everyone who walks in that gym.

The secret to Westside is Lou Simmons and the secret to Lou is attitude.

There is nothing at Westside that isn't at countless power gyms around the world ... except the attitude that no weight is too heavy and that - in time - one can lift any amount. Lou teaches (indirectly and by his own example) this fierce attitude that moves mountains of weight. It is this difference alone that has made W.S.B. what it is. I will speak my opinion and for myself but I'm sure other Westsiders will agree that if Lou hadn't made us champions, he would have made our next door neighbors champions. We came with the interest and Lou is responsible for that by influencing our early exposure. We came with desire and Lou gave us a place to forge it into Will. We came with a dream and Lou molded our attitude to turn that dream into a belief in our own power. Lou kept our minds open to new methods and set an example of victories for us to follow. Oh, yeah, he gave us a hot dirty, tiny cell with rusty plates and pieces of torn carpeting for upholstery on benches to work out in. (ah ... weightlifters paradise.)

This article does little to show how Lou does what he does. But it dispels a myth that W.S.B. has some undefinable mystery - secret to success. Lou is the secret. And while there may not be another Westside Barbell, ever, it is a model to which to aspire to. With that I encourage all the would be coaches out there to try to emulate the W.S.B. It would be great for the sport if all across the country places like this one gained momentum. I'll tell you this: if you want a place like the Westside you won't get it by following Westside routines or by buying bands and chains and reverse hypers or by making up t-shirts and talking team, Team, TEAM. You'll need a man with true passion for strength who eats, sleeps and breathes powerlifting, who never thinks there is enough weight on the bar and who is generous enough to help anyone who honestly shares this passion. You'll need a man Like Lou Simmons.

The sport is growing. But there is too little cooperation. Too many factions. I understand the need for divisions, but the sport is being used up by personal interests. Lou has always put the sport and his love of strength above the pettiness (at least for as long as I have known him). We who would coach must also begin to keep our focus on what we love about the sport as well ... the power!

I hope I have given you a glimpse into the real world. In the real world, it's people that always make the difference. Lou has made many champions. He has used modest tools. If he couldn't find the right tool, he made one, but he shared it with everyone. If he uncovered an effective method he wrote about it. All the gyms around the world have access to what he has. Folks, he didn't build champions with these things!! He built them by believing in them, by encouraging them, and by really expecting them to achieve; he trained them on a personal level.

It is my hope that this article will inspire coaches around the country to look past the equipment, past the percentages, and past the myth. We need men like Lou in the sport. And clubs around the country are beginning to see the light. I know the Los Angeles Lifting Club run by Joe and Nance Avigliano has one of the deepest "Team" attitudes I've seen and they are working hard to bring powerlifting to light in the boodybuilding-saturated community there. This exposure will pay off in ten years, on the West Coast, just as it did in Ohio.

If you are a coach I'm asking you to do your part for the sport you love. Can you be a force like Lou in your area? Can you drive the exposure? All you really need is HEART. Because if you look at Lou's example that's all he had, heart. Let your passion for the sport shine and keep politics to a minimum. Maybe someday one of your trainees will write an article about the success of Podunk Barbell. It could happen. It happened here, in Columbus.

J.M. Blakley

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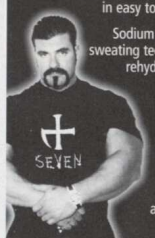

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148				
M. Yost	182.5	147.5	232.5	562.5
165				
M. Kenney	220	137.5	215	572.5
R. Bauer	160	115	220	495
R. Cutting	182.5	130		
181				
M. Leibowitz	182.5	142.5	227.5	552.5
A. Lenzellotta	202.5	150	192.5	545
198				
E. Grosbeck	245	162.5	255	662.5
F. Arcibal	210	1`57.5	242.5	610
B.Anderson	220	170	217.5	607.5
P. Alai	220	165	212.5	597.5
B.Burritt Sr.	150	170	195	515
D. Cieri	25	235	0	260
R. Ruscitelli				
R. Avery				
220				
J. McAuliffe	235	252.5	280	767.5
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K. Brunskill	270	165	285	720
J. Killen	250	170	2775.	697.5
W. Grieshabe	250	167.5	227.5	645
275				
J. Rosinski	297.5	172.5	295	765
J. Ryan	262.5	192.5	240	695
SHW				
J. Weiss	297.5	177.5	312.5	787.5
Out of State Men				
165				
G. Nieves	125	90	185	400
198				
A. Kvaschuk	265	190	225	680
A. Bolden	167.5	127.5	205	500
220				
C. Slaybaugh	250	150	272.5	672.5
E. Pantaieonc	245	167.5	260	672.5
R. Hansen	232.5	157.5	290	680
275				
W. Droesser	282.5	217.5	300	800
R. Mazza	332.5	197.5		530
R. Madera	227.5			
SHW				
M. D'Amore	262.5	182.5	240	685
Out of State Women				
123				
N. Dworkin	25	27.5	47.5	100
181				
J. Jasper	130	77.5	140	347.5
Lifetime				
132				
P. Danna	145	95	165	405
181				
T. Dickey	227.5	160	227.5	615
198				
C. Dickey	192.5	147.5	227.5	567.5
220				
M. Moylen	265	140	265	670
J. Hogan	250	167.5	237.5	655
C. Slaybaugh	200	137.5	257.5	595
242				
T. Walsh	210	182.5	205	597.5
275				
C. Dippre	342.5	207.5	287.5	837.5
Special "O"				
220				
R. Jones	182.5	92.5	202.5	477.5
SHW				
T. Lyons	165	90	187.5	442.5
Raw				
132				
R. Yarnall	122.5	102.5	142.5	367.5
165				
P. Kandinov	142.5	112.5	182.5	437.5
T. Able	125	122.5	165	412.5
181				
A. Bishop	167.5	152.5	207.5	527.5
198				
T. Jones	160	132.5	227.5	520
A. Bolden	167.5	1275.	205	500
D. Lederle	145	127.5	210	482.5
220				
G. Whalin	195	157.5	227.5	580
K. Carrol	147.5	137.5	162.5	447.5
242				
G. Hagenbush	2275.	157.5	272.5	657.5
J. Aloi	195	165	210	570
275				
L. Samuels	265	212.5	295	772.5
SHW				
D. Royster	147.5	145	215	507.5
Teen				
148				
M. Imbriaco	162.5	90	172.5	425
165				
S. Turi	182.5	120	205	507.;5
M. Abramson	187.5	107.5	180	475
181				
K. Grieshabeu	100	72.5	142.5	315
242				
T. Roesler	220	175	230	625
Junior				
165				
A. Watkins	220	137.5	240	597.5
M. Ciupinski	170	150	182.5	502.5
181				
D. Petrillo	232.5	157.5	247.5	637.5
220				
M. Volpe	227.5	147.5	227.5	602.5
242				
B. Lombardi	250	185	232.5	677.5
G. Weiderman	227.5	142.5	247.5	617.5
A. Cassiere	207.5	142.5	230	580
SHW				
N. Muscara	212.5	167.5	242.5	622.5

Best Lifter Day 1 by Formula; SQ - Alexei Kvaschuk, BP - Alexei Kvaschuk, DL - Michael Yost, TOT - Alexei Kvaschuk. Best Lifter Day 2 by Formula: SQ - Chris Dippre, BP - Joe McAuliffe, DL - Craig Safran, TOT - Chris Dippre

Masters				
165				
J. Wolff	120	90	165	375
B. Gunwerg	92.5	85	157.5	335
198				
A. Bolden	167.5	127.5	205	500
R. Jeffords				
R. Avery				
R.R. Jeffords				
220				
S. Chatis	195	132.5	240	567.5
R. Moore	195	127.5	205	527.5
K. Carroll	147.5	137.5	162.5	447.5
242				
R. Reid	215	167.5	255	637.5
R. Cassidy	177.5	140	207.5	525
J. Bunce	102.5	105	145	352.5
Masters Women				
123				
S. Gordon	40	32.5	82.5	155
Submasters				
165				
M. Kenney	220	137.5	215	572.5
M. Pellow	177.5	135	210	522.5
181				
A. Lenzellotta	202.5	150	192.5	545
242				
J. Aloi	195	165	210	570
SHW				
J. Weiss	297.5	177.5	312.5	787.5
F. Joahnsson	205	145	227.5	577.5
Master Qualifier Only				
B. Clayton	65	65	65	195

INTERNATIONAL POWERLIFTING ASSOCIATION — IPA NEWS

With the ending of another great powerlifting year, we can only look forward to some more great IPA events. Dan Dauge will be directing this years teenage nationals. They will be held on March 9th and 10th, 2002 in the Columbus, Ohio area. The IPA high school nationals will be hosted by Dave Bradshaw at the McDonough High School (Maryland) on March 23, 2002. This is another great event our young IPA members should begin training for now. Preparations for June's York Strength Spectacular are currently underway. This event takes year round planning. This is obvious from the caliber of past years. The 2002 IPA Nationals will once again be held in November. Dave Tate is doing a first rate job (but what did you expect). Dave can be reached at (740)845-0987 or thru his website. El Paso, Texas will be the site of the IPA World Championships. This is scheduled for July 19, 20, and 21. This will prove exciting with the addition of some international flare. Any questions regarding this call David Karam at (915)545-1441.

I'm sure I am missing many other competitions, but as always they will be listed in the coming events section of this magazine. These are merely some highlights of the upcoming calendar year. Please feel free to contact these directors or myself with any questions regarding these particular events. If you are interested in directing an IPA event or joining the IPA, you can contact Mark and Ellen Chaillet. They can direct you on how to go about proper sanctioning of your event. All applications for membership registration can be sent c/o: IPA /Mark Chaillet, 324 Harvest Field Lane, York, PA 17403. If you need an application please contact me.

Now that the holidays are upon us, on behalf of the IPA I would like to take this time to wish everyone a safe and Happy Holiday Season. I was wondering what our members have on their Christmas list. I know that after New Year's Day, with all the bowl games over, there will be a lot of IPA members ready to choose one of the many outstanding events to participate in this season. What better time of the year is there to settle into the gym and hit it hard! I look forward to this year and have already chose the events I am personally training for. I would also like to take this time to thank all our meet directors for doing a fine job. The closure of another great IPA powerlifting year has left me craving more. We are all anxiously looking ahead for some more great events. Another thank you goes out to you (IPA Members). It's the men and women of the IPA, which continue to make us the best federation in this sport. We appreciate your hard training and look forward to providing competitions of the highest caliber for you to showcase your abilities. MERRY CHRISTMAS - STAY STRONG - STAY IPA. If you have any questions or comments regarding the IPA you can address them to me: Rob Capozzolo, Titan Gym, Village Shopping Center, 1816 Homeville Road, West Mifflin, PA 15122. (412)466-4866 or RobCapozzolo@msn.com.

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State or Province _____ Zip Code _____ Country _____

Telephone _____ Date of Birth _____ Age _____ Sex _____ Pro _____ Am _____ Elite Am _____

Sign if above answers are correct. Parents sign if under 18 years. _____ Date _____

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SLP VILLAGE SQUARE BP/DL
15 SEP 01 - Effingham, IL

BENCH PRESS
teenage men 18-19
132
Garrett Devers 185*
junior men
308
Dustin Minks 380*
master men 40-44
275
Rick Thomas 185
master en 65-69
165
Darrel Sidwell 200*
275
John Luallen 255*
openrnen
198
E. McCollister 300
220
Mike McCabe 400
4th 410
242
G. Buechlein BL 605*

275
Eric Maney 365
308
Jason Davidson 415
DEADLIFT
teenage men 18-19
132
Garrett Devers 360*
junior men
308
Dustin Minks 560*
4th 570*
master men 40-44
275
Rick Thomas 410*
master men 65-69
275
John Luallen 315
openrnen
308
J. Davidson BL 605

*Son Light Power state record. The Village Square Bench Press/Deadlift Championships were held September 15, 2001 at the mall in Effingham, Illinois. Thanks once again to the mall management for their continued support. Thanks also to Linda Middleton who served as head judge and to Joey Latch and Benny Hutchinson who helped load, spot and judge. In the bench press competition first-timer Garrett Devers took the teenage men's 18-19/132 class, establishing a new record there with 185. Dustin Minks looked strong as he set a new personal mark along with a new state record at junior 308 with 380. Rick Thomas came all the way from Wyoming, Michigan for the title at master 40-44/275, finishing with 185. Darrel Sidwell broke his own state record at 65-69/165 with his first 200 bench. And it was John Luallen for the win at 65-69/275 with a new state record of 255. The open division marked the return of our old friend Ethan McCollister. The "Missouri Kid" took the title at 198, getting his first 300 bench! We're so proud! At 220 it was Mike McCabe also getting pr's with his 400 third attempt and 410 fourth for the win. Glenn Buechlein came up from southern Indiana for the title at 242 and the best lifter award. Opening with a strong 605 state record, Glenn's shirt ripped at the bottom, but he just kept pushing the weight to lockout! If Glenn's shirt would have held he was looking for 640, which I'm sure would have gone. Eric Maney won at 275 with 365, just missing his final attempt with a personal best 385. Jason Davidson finished with a strong 415 for the title at 308, making just his opener. In the deadlift competition Garrett Devers won his second title of the day with his win at teenage 18-19/132. Garrett's 360 was also a new Illinois state record. Dustin Minks finished what was his best day of lifting yet as he won his second junior 308 title with four great pulls. Finishing with a 560 third attempt, Dustin was also successful with a fourth of 570. Rick Thomas was successful again at master 40-44/275 with a new state record there at 410. John Luallen won at 65-69/275 again with a solid 315 pull. Then at 308 in the open division, Jason Davidson pulled a new state record 605 for the win and best lifter honors. Thanks, again to all the lifters and spectators who support powerlifting! (our thanks to Meet Director Dr. Darrell Latch for providing these results to *POWERLIFTING USA* magazine)

8th Mon Valley BP Classic
House of Pain Bash for Cash
7 Jul 01 - Danlevy, PA

Women
G. Romano 180
242 lb. Teen
J. Batykefer 415
Submasters
T. Schmidt 455
Master 220 lb.
D. Lhota 370
Masters 240 lb.
S. Willcock 350
165 lb. Amateur
B. Umbright Jr. 275
181 lb.
Amat/Submaster
B. Posi 315
J. Eisman 315
220 lb. Amateur
S. Pollard 500
242 lb. Amateur
J. Anderson 500

J. Bolen 500
M. Watts 475
242 lb. Pro
R. Miller 450
275 lb. Amateur
M. Coulter 540
M. Blake 460
Pro
S. Sullivan 605
308 lb.
Amateur
K. Hampe 530
B. Ratica 380
BASH FOR CASH
0-198 lb.
C. Dworek 460
J. Rossi 425
198+ lb.
T. Rogers 685
P. Cropp 620

(Thanks to MVFC for providing these results).

Quebec Championnat de BP
3 Jun 01 - Sherbrooke, Quebec

BENCH
FEMME
Open 123 lbs.
L. Landry-36 197
Sub
L. Landry 197
HOMMES
T13-19 114 lbs.
D. Audet-15 125
M50-59 148 lbs.
M. St-Laurent-58 330
165 lbs.
Bastarache-15 200
R. Folken-31 520

M40-49
C. Dallaire-40 327
4th 330
Open 181 lbs.
S. St-Hilaire-27 305
198 lbs.
M. Theriault-42 485
M60-69
J. Marchand-62 270
T13-19 220 lbs.
Y. Brousseau-19 377
M40-49
G. Marceau-46 275
SHW
C. Marceau-40 330

Head Referee: Lise Landry, Marcel St-Laurent. Side Referee: Diane Roy, Kim St-Laurent, Lise Landry & Guylaine St-Laurent. Announcer: Diane Roy. Statistician: Diane Roy. Best Lifter men: Roy Folken. Best Lifter women: Lise Landry. (results courtesy of Marcel St Laurent)

Best Lifters at the Village Square Championships were (left to right) Glenn Buechlein (Bench 605 at 242) and Jason Davidson (Deadlift 605 at 308). Photograph supplied to us by Meet Director Dr. Darrell Latch.

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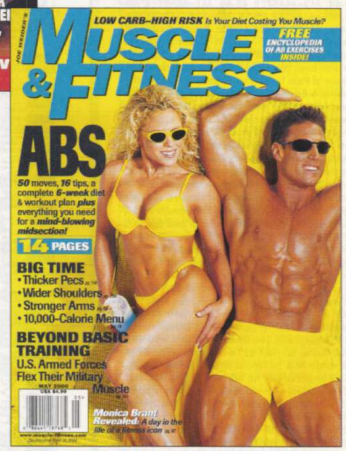

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2nd Blackberry Barbell BP/DL
28 Jul 01 - Brewster, NY

BENCH		242 lbs. Open	
WOMEN		L. Saviano!	500
148 lbs. Open		M1	
H. Sauer!	235	M. Murphy	350
165 lbs. M1		275 lbs. Open	
D. Herron	125	B. Ramage	350
MEN		M6	
123 lbs. RY (10-11)		B. Newell	305
B. Swanson Jr.	125	SHW M3	
165 lbs. Open		F. Dini!	515
S. Glick	300	Open	
RT3		D. Taggart	425
D. Cease, Jr.	250	DEADLIFT	
181 lbs. M3		181 lbs. Open	
M. DiBattista	345	J. Remigio Jr.	475
M1		198 lbs. Open	
P. Carroll	345	W. Fahrenfeld!	625
198 lbs. Open		T3	
G. Weber Jr!	405	J. Herzilch	510
M1		Open	
Miller	380	J. Cohen	460
220 lbs. M1		220 lbs. Open	
R. Greenspan	390	B. Fahrenfeld	650
D. Coddit	380	242 lbs. Open	
		E. Kill	500

	BP	DL	TOT
WOMEN			
123 lbs. Open			
A. Boyle	135	260	395
148 lbs. Open			
H. Pampinella!	145	280	425
MEN			
132 lbs. M1			
B. Colsson!	255	350	605
148 lbs. T3			
S. Smith	205	320	525
165 lbs. Open			
R. Clough	300	315	615
181 lbs. T3			
J. Bates	275	325	600
198 lbs.			
R. Battista	315	550	865
242 lbs. Open			
B. Turck	305	500	805
RM3			
J. O'Brien	245	325	570
275 lbs. M2			
D. Cease	410	475	885

!-Best lifters. Division key: R-RAW, Y-YOUTH, 0-OPEN, T3-TEENAGE 18-19, M1-MASTER 40-44, M2-MASTER 45-49, M3-MASTER 50-54, M6-MASTER 65-69, SO- SPECIAL OLYMPIAN. MEET DIRECTORS: Bruce Swanson, David Corsi. SPONSORS: Crain's Muscle World. Thanks to Ricky for T-shirts, Equip., and for the best prices call Crains Muscleworld, House of Pain Ironwear, Thanks to Rick for the T-shirts & Equip. Thank you to Al Siegel for his great job on the awards. Siegel Engraving & Awards. Special thanks to Charlie Schroeder & George Weber Sr. For their enormous help! The 2nd Annual Blackberry Barbell Bench/Deadlift Competition has more than tripled in numbers since it's first event last December. The caliber of lifting was very impressive with battles in many of the weight classes. George Weber Sr. made his debut as announcer and it was a pleasure to have his help and his wit. BENCH PRESS CONTEST: In the women's bench, Helen Sauer, an accomplished IPF World/National competitor, weighed 137 lbs. and demolished 200 lbs as an opener. Helen went 3 for 3 finishing with a solid 235 bench. Debra Herron (165) also went 3 for 3 ending with a smooth 125. We had two female Ironwoman: Helen Pampinella (148) who lifted a 145 bench and 280 dead to finish with a 425 total. Annie Boyle(I 23) weighed 116 and has got some real potential in her future lifting. Annie impressively hit lifts of a 135 bench and a 260 deadlift with room to spare. Her total of 395 will be increasing real soon. The men's bench featured 11 year old 120 lbs., WNPF national record holder Bruce Swanson Jr. This was Bruce's 4th meet since December and he has put over 23 lbs on his bench. Bruce accomplished a smooth 125 bench today. Great Job son! Congratulations goes to Dan Cease Jr., even though Dan missed 148 by 3 lbs, he lifted well in the 165's with a personal best bench of 250 lbs. 151 lbs. bodyweight. Scott Glick (165) lifted double bodyweight finishing with a nice 300. The 181 Bench Division had a nice battle between Mike Dibattista (174.5 lbs. Master 50) and Pat Carroll(178 lbs. Master 40) with both lifters finishing with 345 lbs. Mike Dibattista was less than 5 lbs. away from an impressive double bodyweight bench. In the 198's George Weber(197) did the job with a solid 405 bench. Way to go George! George Miller(196 Master 40) finished with 380 and gave 400 a nice ride for his third. The 220's were also close between Ricky Greenspan (214 Master 40) and David Coddington (218 Open). Ricky put up a nice 390 with David getting 380 on a second attempt and just falling short of the tie with 390 on his third. Big Lou Saviano, came to do battle in the 242's. Even though Charlie Schroeder wrote "PUSSY CAT" on Lou's attempt card it did not distract the Italian Stallion from his benching. Lou approached the bench in his usual focused frenzy and proceeded to destroy his 490 opener. Lou finished with 500 and tried a 510 that was almost there. Nice lifting Big Guy! Also in the 242's, Michael Murphy (242 Master 40) finished with

Blackberry Best Lifters: (lefto to right) Brian Fahrenfeld (220 lbs. - 650 lb. deadlift), Lou Saviano (242 lbs. - 500 lb. bench press), Warren Fahrenfeld (198 lbs. - 625 lb. deadlift)(Swanson)

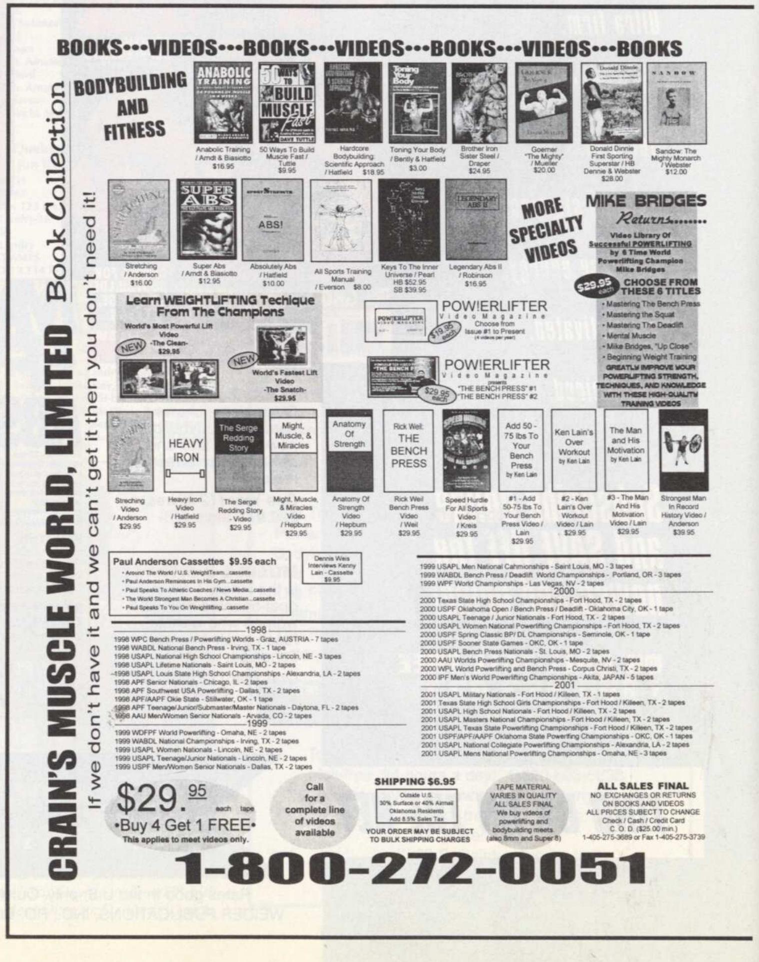
350. The 275's featured Bruce Newell (258 lbs. & 66 years old) Bruce methodically went 3 for 3 finishing with a strong 305. Brian Ramage (265) opened and closed with 350. The two SHW benchers were: Fred Dini (278 Master 50) who was not supposed to lift SHW, but evidently the scale was not informed of this. Fred is a USAPL national champ as well as the 2001 IPF Master World Bench Champ. It is always a pleasure to watch Fred lift. Fred opened with 505 and the left underarm of his bench shirt ripped open about half-way to lockout. Fred would have completed the lift anyway, but for his safety we took the bar. With a fresh shirt Fred repeated the 505 attempt and smoked it. Fred then went to 515 and hammered it to lock out for the biggest bench of the meet. Dale Taggart (355) looked very strong finishing with 425 and just missing 440. IRONMAN CONTEST: Bob Coission (IL 32 Master 40) a.k.a. "Bob Collision" & "Bob Calzone" according to Mr. Weber, had a stellar day lifting a 255 bench and a PR 350 dead to total 605 and receive Best Ironman lifter honors. Shaun Smith (144 Teen) showed us raw talent with a 205 Bench and 320 Dead. Ryan Clough (165) looked good and lifted even better with a 300 Bench and 315 token deadlift. Thanks for the Mike Katz autograph, Ryan. Jr Bates(181) made easy work of a 275 bench and 325 Dead. Robert Battista (197) put together a 315 bench with 550 deadlift. Congratulations on that dead Rob! John O'Brien (231 Master 50) hung tough in the 242's with a 570 total against Brad Turk's (234 Open) total of 805. Dan Cease Sr.(258 Master 45) was testing the waters in the 275's. Dan combined a 410 bench with a 475 dead for a 885 total. DEADLIFT COMPETITION: Team Torque took control of the deadlift with JoJo Remigio (174) displaying perfect form finishing with 475. Warren Fahrenfeld's (189) intensity in the deadlift is unparalleled. Warren cranked 625 to standing position effortlessly. Warren did 615 even easier, but that's a separate story. Jared Cohen (198) stood up with 460. Justin Herzlich (18) locked out a 510. Brian Fahrenfeld (213) opened with 650 and locked it into place nicely. Ed Killenberger (228.5) pulled 500 in the 242's. Best Lifters in bench were: Helen Sauer (Women 148), George Weber (Light 198), Lou Saviano (Heavy 242) and Fred Dini (Master SHW). Best Lifters in Deadlift: Warren Fahrenfeld (Light 198) and Brian Fahrenfeld (Heavy 220). Best Lifters in Ironman: Helen Pampmella (Woman 148) and Bob Coisson (Men 132). Our next event is planned for December 1, 2001. This will be the USAPL NYS Blackberry Bench Press Championships. For an application and information go to the USAPL New York State website at: http://www.geocities.com/bruceswan5OO/index.html. Avery special THANKS goes to Charlie Schroeder for his help, equipment, expediting and organizing. George Weber Sr also deserves special recognition for his great job announcing. Thank you to Brewster Health and Fitness owner Anthony, for the use of his gym and equipment. Thank you to our sponsors: Ricky Dale Crain of Crains Muscleworld and Rick Brewer @ House of Pain Ironwear. Siegel Engraving for the awesome trophies. Also David Corsi, Bruce Jr., Bill Marchetti, Mike Dibattista, Pat Carroll, Fred Dini. Thank you all. (thanks to Bruce Swanson for report)

USPF SOUTHEAST Challenge
4 Aug 01 - Vidor, TX

BENCH		148 lbs.	
WOMEN		W. Fenton	287
123 lbs.		198 lbs.	
S. Rinn	231	D. Celestine	413
SHW		G. Garner	342
K. Pitts	314	242 lbs.	
BENCH		N. Ross	435
MEN		308 lbs.	
		L. Polk	540

	SQ	BP	DL	TOT
WOMEN				
Junior 97 lbs.				
A. Denmon-14	215	116	204	535
132 lbs.				
J. Hatch-19	204	105	237	546
198 lbs.				
K. Hatch-16	243	110	237	590
Open 105 lbs.				
K. Quebodeaux	160	72	193	425
K. Hoerner	226	105	254	585
114 lbs.				
C. Boutte	243	105	276	624
123 lbs.				
L. Denmon	303	171	325	799
132 lbs.				
M. Oxley	221	117	258	596
MEN				
Junior 123 lbs.				
W. Strickland	303	193	314	810
181 lbs.				
P. Chancy	336	226	347	909
220 lbs.				
K. Eddleman	430	215	480	1125
S. Hewer	584	298	480	1362
242 lbs.				
C. Morse	672	353	579	1604
Open 148 lbs.				
T. Hoerner	623	308	579	1510
165 lbs.				
D. Dumoit	254	171	287	712
P. Boutte	507	266	507	1280
B. Kline	276	270	441	987
181 lbs.				
R. Brandon	452	325	501	1278
P. Chancy	441	265	441	1147
220 lbs.				
L. Mistric	683	435	661	1779
A. Bell	413	276	441	1130
308 lbs.				
M. Gamey	—	—	—	—
Disabled 242 lbs.				
J. Scott	187	193	204	584

Best Lifter Open Men: T.J. Hoerner 148, Best Lifter Junior Men: Cole Morse 242, Best Bench -Men: Lance Polk 308, Best Lifter Open Women: Lee Denmon 123, Best Lifter Junior Women: Amber Denmon 105, Best Bench - Women: Susan Rinn 123. RECORDS ESTABLISHED: 105 Kristin Hoemer State Record Squat 226 JrWomen 18-19; 105 Kristin Hoemer State Record Bench Press 104 JrWomcn 18-19; 105 Kristin Hoemer State Record Deadlift 253 Jrwomen 18- 19; 105 Kristin Hoemer State Record Total 582 Jr Women 18-19; 198 Dwight Celestine State Record Single Lift Bench 413.3 Masters 40-44; 114 Charity Boutte State Record Squat 242.5 JrWomen 18-19; 114 Charity Boutte State Record Deadlift 275 JrWomen 18-19; 114 Charity Boutte State Record Total 622.8 Jr Women 18-19; 123 Lee Denmon State Record Deadlift 341.7 Submaster Women; 97 Amber Denmon State Record Total 534.5 JrWomen 14-15; 165 Brian Kline State Record Bench Press 270 Masters 50-54; 132 Miranda Oxley State Record Bench Press 116.8 JrWomen 18-19; 220 Larry Mistric State Record Total 1780.2 Masters 40-44; 242 Cole Morse State Record Squat 672.2 JrMen 16-17; 242 Cole Morse State Record Total 1603.2 JrMen 16-17; 220 Kelby Eddleman State Record Squat 429.9 JrMen 14-15; 220 Kelby Eddleman State Record Deadlift 479.5 JrMen 14-15; 220 Kelby Eddleman State Record Total 1124.3 JrMen 14-15; 97 Amber Denmon State Record Squat 214.7 JrWomen 14-15; 97 Amber Denmon State Record Bench Press 115.5 JrWomen 14-15. (thanks to Seguin Fitness for these results)



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ZMA™ is a proprietary blend of zinc and magnesium that preliminary evidence suggests promotes testosterone and IGF-I release in serious athletes.★ By doing so, **ZMA™** may help improve recovery times and physiological and exercise-related conditions.★ Check out the study below, recently published in the *Journal of Exercise Physiology*.

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L-THEANINE is actually an amino acid derived from Green Tea. The science indicates that **L-THEANINE** acts as a precursor to the release of an inhibitory neurotransmitter called GABA (gamma amino butyric acid), which counteracts the excitatory neurotransmitter norepinephrine. In other words, **L-THEANINE** allows you to relax and settle down.★ It's an awesome mechanism and a huge advancement in the pursuit for maximal recovery.

ZMA RESEARCH

Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength

L.R. BRILLA[1] AND VICTOR CONTE[2]

[1]Exercise and Sports Science Laboratory, Western Washington University, Bellingham, WA 98225-9067 and [2]BALCO Laboratories, 1520 Gilbreth Road, Burlingame, CA 94010, Tel: 800-777-7122

L.R. BRILLA AND VICTOR CONTE. **Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength**. **JEP**online, 3(4): 26-36, 2000. Muscle attributes and selected blood hormones of football players were assessed in response to a nightly supplementation regimen during spring football, over an 8-week period, with pre-post measures. A double-blind randomized study was conducted with ZMA (30 mg zinc monomethionine aspartate, 450 mg magnesium aspartate, and 10.5 mg of vitamin B-6) and placebo (P), n=12 and n=15, respectively. Plasma zinc and magnesium levels were ZMA (0.80 to 1.04 µg/ml 19.43 to 20.63 mcg/ml) and P (0.84 to 0.80 µg/ml ; 19.68 to 18.04 µg/ml), respectively ($P<0.001$). Free testosterone increased with ZMA (132.1 to 176.3 pg/mL), compared to P (141.0 to 126.6 pg/mL) ($P<0.001$); IGF-I increased in the ZMA group (424.2 to 439.3 ng/mL) and decreased in P (437.3 to 343.3 ng/mL) ($P<0.001$). Muscle strength via torque measurements and functional power were assessed with a Biodex dynamometer. Differences were noted between the groups ($P<0.001$): ZMA (189.9 to 211 Nm at 180°/s and 316.5 to 373.7 Nm at 300°/s) and P (204.2 to 209.1 Nm at 180°/s and 369.5 to 404.3 Nm at 300°/s). The results demonstrate the efficacy of a Zn-Mg preparation (ZMA) on muscle attributes and selected hormones in strength-trained, competitive athletes.

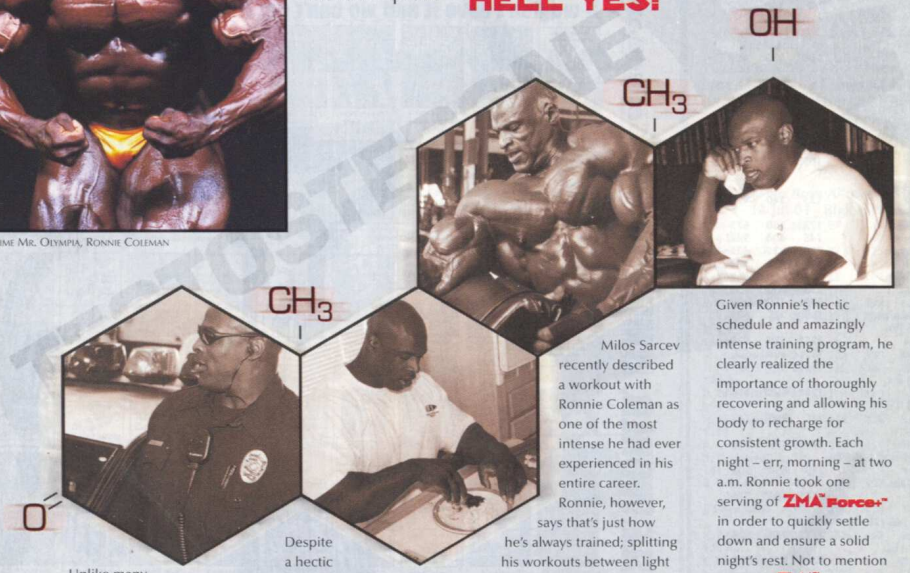
Key Words: vitamin B_6, anabolic hormones, testosterone, IGF-I, muscle

INTRODUCTION

Zinc (Zn) and magnesium (Mg) may enhance levels of Insulin-like Growth Factor-I (IGF-I)(1); and zinc, in particular, may contribute to elevating serum testosterone (2). Both IGF-I and testosterone are anabolic factors that enhance muscle function and physical performance. Testosterone's role in physical

THREE-TIME MR. OLYMPIA, RONNIE COLEMAN

Prior to launching **ZMA™ Force+™**, our researchers asked the hardest working man in bodybuilding to test our latest innovation in recovery before his second title defense at the Mandalay Bay. With his incredible stage presence and total dominance over all other competitors, you tell us if the now THREE-TIME MR. OLYMPIA, Ronnie Coleman, has improved. The entire bodybuilding world would likely answer with an emphatic **"HELL YES!"**



Unlike many professional bodybuilders that simply train, eat and sleep, Ronnie Coleman spent 8 stressful hours a day, 5 days a week working the streets of Arlington, Texas, as one of the city's finest cops, when training for the biggest event in body building. To be his best, he demanded optimal recovery and an anabolic environment.

Despite a hectic schedule that included a full-time job on the weekdays and traveling for guest appearances on weekends, Ronnie constantly maintained a healthy diet of whole foods and supplementation in order to get his daily total of six meals and 600 grams of protein for packing on and maintaining his enormous amount of lean muscle mass.

Milos Sarcev recently described a workout with Ronnie Coleman as one of the most intense he had ever experienced in his entire career. Ronnie, however, says that's just how he's always trained; splitting his workouts between light and heavy days to help avoid burn-out, but going extremely heavy and intense on those days designated as "heavy."

Given Ronnie's hectic schedule and amazingly intense training program, he clearly realized the importance of thoroughly recovering and allowing his body to recharge for consistent growth. Each night – err, morning – at two a.m. Ronnie took one serving of **ZMA™ Force+™** in order to quickly settle down and ensure a solid night's rest. Not to mention his using **ZMA™ Force+™** as a vital tool for aiding his recovery process via the additional hormonal benefits of **ZMA™**.

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Team Weber Strength
4 Aug 01 - Camanche, IA

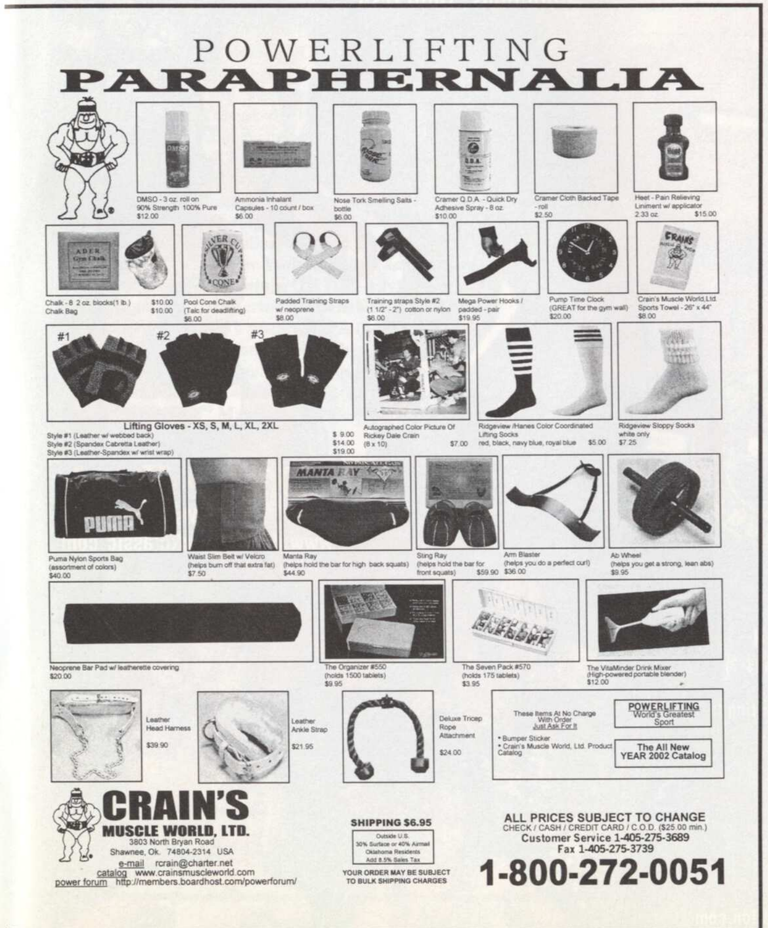
BENCH	
For Medals	
WOMEN	
Teen Open	
150+ lbs.	
M. Medinger	175
130-150 lbs. (40-49)	
J. Weber	105
BOYS	
High School	
140-165 lbs.	
T. Snodgrass	200
B. McCausland	195
W. Pike	145
J. Pingel	125
166-185 lbs.	
J. Dion	300
A. Blount	255
186-205 lbs.	
S. Hahn	245
C. Brandt	185
206-224 lbs.	
S. BARR	325
MEN	
Teen Open	
171-205 lbs.	
P. Meyer	250
(20-29)	
140-170 lbs.	
M. Geiger	275
250+ lbs.	
B. Foster	300
(30-39)	
170-205 lbs.	
C. Gruchow	300
(50+) 141-170 lbs.	
B. Weber Jr.	235
171-205 lbs.	
B. Duncan	250

Lifter	BP	TBAR	TOT
T. Cozzolino	90	235	325
K. Weber	80	240	320
L. Kibler	70	215	285
S. Drennen	75	200	275
K. Low	65	200	265
Z. Mussman	65	170	235
J. Hargrave	55	160	215
M. Payson	65	150	215
C. Thorton	60	150	210
A. Deering	40	160	200
GIRLS			
High School			
121-149 lbs.			
L. Tigh	100*	350*	450
WOMEN			
Open Teen 150+ lbs.			
M. Medinger	175*	400*	575*
(30-39) 121-149 lbs.			
C. Schnoor	120*	200*	320*
L. Putman	115	200	315
(40-49) 121-149 lbs.			
J. Weber	105*	250*	355*
BOYS			
High School			
L. Grage	135	340	475
140-165 lbs.			
C. Lehmkuhl	175	500	675
W. Pike	145	400	545
T. Snodgrass	200	225	425
J. Pingel	125	265	390
166-185 lbs.			
A. Blount	255	600*	855*
J. Dion	300	460	760
B. McCausland	195	225	420
186-205 lbs.			
R. Grage	235*	585	820
C. Brandt	185	400	585
M. Cross	110	290	400
206-224 lbs.			
S. Barr	325*	625*	950*
225-249 lbs.			
S. Hahn	245	500	745
250+ lbs.			
E. Hosette	245	475	720
Teen Open 171-205 lbs.			
P. Meyer	250	650*	900
206-224 lbs.			
B. Barr	270*	500*	770*
MEN			
(20-29) 140-170 lbs.			
M. Geiger	275	350	625
206-224 Lbs.			
J. Cravatta	370	575	945
250+ lbs.			
B. Foster	300	620*	920
(30-39) 140-170 lbs.			
D. Phipps Jr.	365*	600*	965*
225-249 lbs.			
B. Weber	430	700	1130
250+ lbs.			
J. Inniss	315	575	890
(40-49) 171-205 lbs.			
D. Geronzin	330*	425*	765*
G. Gonzales	305	410	715
R. Refbord	225	430	655
206-224 lbs.			
S. Murphy	385*	450*	835*
(50+) 141-170 lbs.			
B. Weber Jr.	235	540	775
171-205 lbs.			
B. Duncan	250*	455*	705

*–New meet record. First time lifters were Tyler Cozzolino, Lee Kibler, San Drunnen, Kyle Low, Zack Mussman, Justin Hargrave Mitch Paysen, Cassis Thorton, Adrian Deering, Jared Pingel, Jon Deon, Carlin Brandt, Mark Geiger, Mike Cross, Brian Barr, Jay Cravatta, and Julinan Inniss. This meet was in the memory of our former lifter who was killed in a car accident on December 4th 2000. "Josh Steger" known by all his friends, as "BUFF". The Steger family gave a huge trophy to the student they thought worked out hard in the weight room. That award went to Patrick Meyer. There was another award given by all the students, lifter (past and present) who was trained by a special person who gave them a lot of respect and the knowledge to lift the right way. That went to Robert Weber Jr. (the old guy). This meet could not of happen if it wasn't for the sponsor. Camanche Vet Clinic, Snodorass Motors, Gateway Ford, Midwest Utility, Blount Tree Service, Ajob Trophies, Zippy Lube, Economy System Inc., Schult Engineering, Paul Reveres Pizza, Bi State Heating And Air, Ceder Heishts, Riverbend Chiropractic Sports Injury Clinic, Sary Foster C.p.a.p.c., Tom Mc Mannus Backhoe and Trucking, Bird Transfer And Storage, Wisor Feed And Grain, Eastern Iowa Tire, Null Trucking & Excavating, Gary Low DDS & Michael Low DDS, Wittis Small Engine Clinic, Lucky Bill & Mert Palmer. Without these people we would not have the trophies that were giving out. Special THANK YOU to Dr. R.S. Picchiotti & Dr. T.M. Slattery for the adjustments and body massages, the Camanche Boosters for purchasing the t-shirts & food, and to all the volunteers who helped out on this meet. (All the proceeds went to the weight room for better equipment.) Meet director: Robert Weber Jr. Next TEAM WEBER STRENGTH POWERLIFTING meet will be August 3rd, 2002. You may call ROBERT WEBER JR. AT (563-259-8695)or write to Robert Weber Jr. 1412 5th Street, Camanche, Iowa 52730. (Thanks to Jerri Weber for results)

Robert Weber Jr. being presented his coach's award by lifters at the August 4th meet. (Jerri Weber photo)

The "NO BOYS ALLOWED" Pennsylvania State Team Champions - Joe's Gym of Erie (left to right, standing) Bugs Bayer, Kaleena Iszkvla, Ken Zappitella, Matt Catalino (Coach), Sondralee Villo, Joe Orengia, Jeff Lawson, Kirsten Kalicky, Pat Huntley, Benita Steffan, Al Siegel (Meet Director). Lifter kneeling was not identified. (photo courtesy of Joe Orengia)

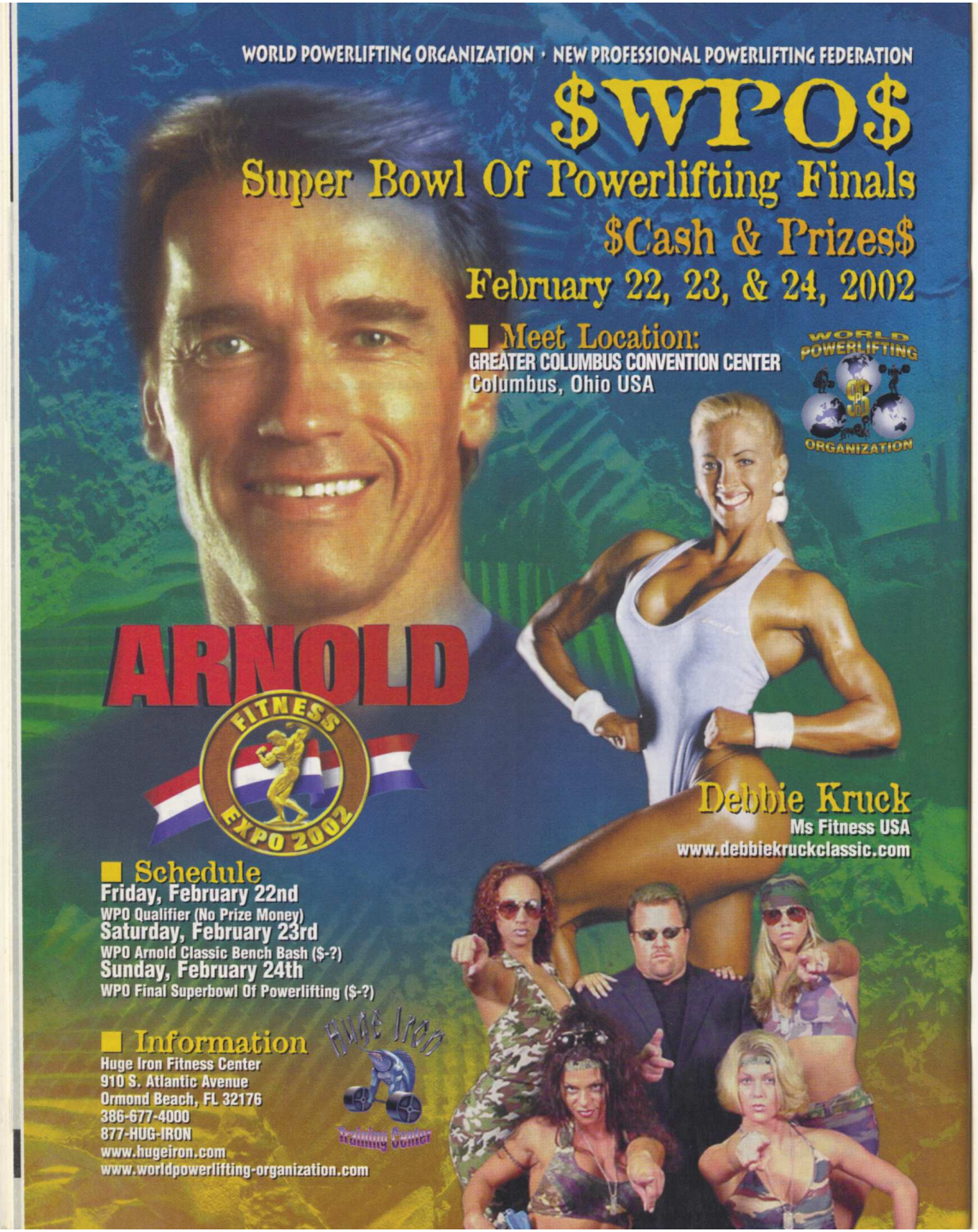


ADAU "No Boys Allowed" Meet
14 Jul 01 - Bigler, PA

	SQ	BP	DL	TOT
FEM				
114 lbs.				
B. Steffan-37	126	77	225	429
132 lbs.				
K. Kalick-30	126	77	203	407
148 lbs.				
K. Iszkula-18	214	121	292	628
S. Villo-37	209	121	259	589
MALE				
132 lbs.				
M. Boston-50	242	203	385	832
T. Tullio-56	192	165	286	644
148 lbs.				
P. Griffith-55	374	198	380	953
165 lbs.				
N. Theodorou-50		418	236	545
1201				
R. Cruz-41	440	281	451	1173
R. Dodson-62	319	170	374	865
181 lbs.				
R. Roberts-41	429	319	507	1256
	512-4th			
J. Orengia-55	358	275	518	1151
	281-4th			
K. Zappitella-39	352	253	462	1069
198 lbs.				
S. Hough-38	479	330	518	1328
N. Sidari-46	407	225	402	1036
220 lbs.				
B. Bayer-55	501	253	562	1317
P. Huntley-35	413	292	468	1184
A. Campiere-43	275	330	435	1041
L. Bucchioni-52	303	Inj	–	–
J. Lawson-37	402	281	485	1168
276 lbs.				
D. Crams-49	363	253	457	1074
S. Maleski-40	BMB	–	–	–
319 lbs.				
B. Hickman-37	501	358	551	1410
B. Ogden	429	286	374	1091

(Thanks to Al Siegel for providing the results)

Power Photos... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black and white shots, but color prints will also reproduce well. We pay for all photos we use.



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January 12th – 13th Pittsburgh, PA (bgr, Int, Adv)
January 19th –20th West Palm, FL (bgr, Int, Adv)
January 26th Columbus, OH
January 27th Mastering the Squat Columbus
February 2nd –3rd Peshtigo, WI (bgr, Int, Adv)
March 23rd Columbus, OH (int, adv)
March 24th Mastering the Bench Press Columbus
April 13th –14th Tucson, AZ (bgr, Int, Adv)
April 20th –21st Seattle, WA (bgr, Int, Adv)
May 18th Columbus, OH(bgr, Int)
May 19th Mastering the Squat Columbus
June 29th –30th Dallas, TX (bgr, Int, Adv)
July 13th –14th New York, NY (bgr, Int, Adv)
August 10th Columbus, OH (Int, Adv)
August 11th Mastering the Bench Press Columbus
August 24th –25th Nazareth, PA (bgr, Int, Adv)
October 19th Columbus, OH (bgr, Int, Adv)
October 20th Mastering the Squat Columbus
December 7th Columbus, OH (bgr, Int, Adv)
December 8th Mastering the Bench Press Columbus

Bgr = Beginner
Int = Intermediate
Adv = Advanced

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Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may be interested in your competition.

1 DEC, NASA Winter & Novice Nationals (PL, BP, PS - Flora, IL) SQPBDL@aol.com

1 DEC, APA Nashville Open PL, BP, DL (Vanderbilt University) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

1 DEC, USBF BAAC Bench Press, Dave Capozzoli, 658 Boulton St., Bel Air, MD 21021, 410-627-4601, gtrdave99@aol.com

1 DEC, Southeastern Cup, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988 (w), 3989 (h)

1 DEC, USAPL New York State Blackberry Bench Press, Bruce Swanson, 902 Village Dr., Brewster, NY 10509

1 DEC (NEW DATE), ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695, or Joe Carini, 973-942-0199

1 DEC, Y.E.S.P.A. PL & BP Nationals, Trend Dashiell, Box 279, Fruitland, MD 21826, 410-742-9201, 749-9101, ask for Trend, Jimmy, or Fred

1 DEC, Estrien Championships (PL & BP - Granby, Canada) Benoit Brodeur, 450-378-7666 or 372-0087 (Fax).

1 DEC, "Miller Chev" Christmas BP Classic (open, teen, women, masters, police/fire/military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064

1 DEC, NASS Teen, Masters & Women Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net

1 DEC, SLP Son Light Winter Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

1,2 DEC, AAU World DL, World Push/Pull & International BP (River Palms Casino on the Colorado River, Laughlin, NV - raw and equipped classes for men and women - youth, teen, jr., open, submasters, masters (5 year) lifetime, lifetime masters (5 year) law & military, physically challenged. Entry Deadline Nov 1, 2001) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, Ntrlpwr@pe.net

1,2 DEC, NASA Novice Nationals???, NASA, Box 735, Noble, OK 73068, 405-527-8513

2 DEC, 1st Iron House Open BP (Macomb, IL) Harvie Herrington, 309-836-2933

2 DEC, American Bodybuilding Ohio Open Push/Pull (Powerstation Gym, Middletown, OH) Ruether Productions, 10258 Springbeauty Ln., Cincinnati, OH 45231, 513-825-3604, 423-9514

2 DEC, AAU Bench Open & Olympic Meet (teen, open, raw, masters, submasters, grand masters, women) Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534

2 DEC, New England Raw PL (Guest Lifter - Glen Chabot), Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728

6-9 DEC (expanded contact information), IPF World Bench Press, John Clark, Box 1572, Christchurch, New Zealand, jnclark@ihug.co.nz, ++64 3 3653051

8 DEC, *NASA Colorado Regional (PL, BP, DL, Push Pull, PS - Denver, CO) SQPBDL@aol.com*

8 DEC, *AAPF Michigan State PL, Jim Hinze, 33949 Curcio Ct., Sterling Hts., MI 48310, 810-381-6499, Jimh@teamubs.com*

8 DEC, APA Central America BP & DL (Quincy, OH) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

8 DEC, River Valley Bench Press, Horseheads H.S., 113 Halloran Dr., Breesport, NY 14816, John Comereski, 607-739-7322

8 DEC, Immaculate Heart of Mary Holiday Bench Press (Youngston, OH) Ron DeAmicis, 6531 New Rd., Austintown, OH 44515, 330-792-6670 after 4PM

8 DEC, North Carolina Raw State Meet (no late entries) John Howie, 209 Meyers St., Monroe, NC 28110, 704-289-4940, jfhowie@carolina.rr.com

8 DEC, 14th Elkhart Bench Press Classic, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 219-674-6683

8 DEC, USAPL Hawaii State, Tony Leiato (808)988-6378, aleiato@D14.USCG.mil

8 DEC, Big East BP (men, women, teen, jr., submaster, master - deadline 11/24/01) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength

8 DEC, USAPL Midwest Sr. State PL & BP (Omaha, NE) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@huntel.net

8 DEC, SLP Christmas for Kids BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

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8 DEC, APF 48th Iron Man Open PL & BP, Mr. & Ms. & Mr. Over 40 Iron Man (Fresno, CA) Bob Packer, 559-439-4394

8,9 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

9 DEC, SLP Midwest Open BP/DL (Indianapolis, IN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9 DEC, AAU Mo. Valley PL Championships (X-Treme Fitness, Union, MO) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-742-4537

9 DEC, YMCA High School Winter Bench PRess (Omaha, NE) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@huntel.net

9 DEC, ADAU 9th Raw Drug Free "Coal Country" BP & DI Classic (separate meets - no total - open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

12-16 DEC (new date), 100% Raw World Championships (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

15 DEC, *USA Power Open BP, B&R Full Health & Fitness Club, 1040 Mill Creek Dr., Feasterville, PA 19053, Dave West, 215-355-2700 3-11pm*

15 DEC, AAU Southeastern Push/Pull World Qualifier (all divs./wt. classes) Sandy Lemonds, Box 704, Randleman, NC 27317, sandral@asheboro.com

15 DEC, APA Southeastern U.S. BP & DL (Orlando, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

15 DEC, Nazareth Barbell Holiday Bench/Dead Bash (men, women, teen & masters - 1st place sculptured trophies) 610-746-7000

15 DEC, USPF Fifth Ever RMAC Push-Pull, RMAC, 1968 West 6000 South, Roy, UT 84067, 801-776-1873

15 DEC, Champions Sports & Rec High School & Youth Open (unsanctioned, USAPL rules) James C. Hart, 402-470-3672

15 DEC, 16th Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

16 DEC, USAPL Champions Sports & Rec High School & Youth BP & PL, Open PL, BP, DL, IronMan/WOman, 2 Man-Woman DL, James C. Hart, 402-470-3672

29 DEC, *NASA NM Regional-2 (PL, BP, PS - Rio Rancho, NM)*

29 DEC, USAPL NorCal Winter Classic (Napa, CA) Jason Burnell, Box 5453, Hercules, CA 94547, 510-724-4464 before 8:30 please, www.usapl-ca.org

30 DEC, SLP The Last One! BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

DEC, I.S.A. Two Worlds Collide BP/Clean & Jerk - individual or total (Douglasville [GA] Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299

12 JAN, *NASA S.W. PL, BP, PS Classic (Longview, TX) SQPBDL@aol.com*

12 JAN, APA Tri-State Open BP, DL, Push-Pull (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

12 JAN (NEW DATE), APF Michigan Bench for Cash (cash prizes for top 5 by Reshel Formula) Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114, jimharbourne@home.com

12 JAN, NASA Ohio State BP (West Liberty Salem H.S., W. Liberty, OH) Dick Cordial, 937-653-5504, squat@foryou.net

13 JAN, *Big Dog Classic BP and/or DL, John or Kayleen Blackstone, Musclebound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840*

19 JAN, *Legends of the Game BP/DL, Marty Schnorf, Box 183, Charleston, IL 61920 or Jim Dinaso 217-348-0819, FAX 217-345-3767, charlestonweightliftingclub@yahoo.com*

19 JAN, *USPF Kentucky State & Pikeville Open BP (Pikeville Area YMCA) Pro-Fitness Multi Sports, Don Fields, 1243 S. Lake Dr., Prestonburg, KY 41653, 606-886-8604, profitns@multisports.net*

19 JAN, Capitol District BP/DL, Albany YMCA, 274 Washington Ave., Albany, NY 12203, Tom Corazzini, 518-449-7196 ext 48

19 JAN, NASA Illinois State High School, Smitty, 112 W. North Ave., Flora, IL 62839, 618-662-3413

20 JAN, APA Southern States PL & BP (Orlando, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

20 JAN, Winter Blues BP/PL (Wyoming, MI) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683

26 JAN, Staunton YMCA Winter BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

JAN, USAPL Pennsylvania HS and Collegiate, Steve Mann @ steventmann@yahoo.com or 845-473-5230

JAN, Augusta Open Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

2 FEB, *NASA Virginia State PL, BP, PS (Charlottesville, VA) Greg Van Hoose, gvhl@wirefire.com*

2 FEB, *Extreme Strength Extravaganza Strongmen and Powerlifting Record Breakers, Rick King & Willie Wessels, Eagle Gym, 2551 Woodson Rd., Overland, MO 63114, 314-423-2525 or 609-6031, dwes370162@msn.com*

2 FEB, *WABDL Texas State BP/DL, Bob Garza, 9234 Beaver Bend Ct., Houston, TX 77037, 281-820-5923*

2 FEB, APA Houston Open PL & BP (Houston, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

2 FEB, Body Factory Power Challenge/BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090

2 FEB, NASA Virginia State (Charlottesville) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

2 FEB, USPF New York State PL/BP Championships, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.uspfny.com

2nd or 9th FEB, NASA Bench Press & Deadlift Nationals (Nashville, TN) SQPBDL@aol.com

9 FEB, *Tomah Winter Classic Bench Press (The Fitness Connection - Tomah, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693 or Mike Krause 608-372-3883*

9 FEB, *Mass. Attack BP, Rip the Grip DL, Bay State Push/Pull (3 separate meets - Men, Women, Teen, Submen, Master - Fitchburg, MA), Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 (late entries accepted)*

9 FEB, 11th New Castle BP, Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529

9 FEB, APA Windy City Regional BP, DL, Push-Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

9 FEB, ADAU 14th Drug Free East Coast 2 lift raw and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

10 FEB, *Pump Total Fitness BP&DL, Jeff Davis, 2352 N. US 27, St. Johns, MI 48879, 989-224-2441*

10 FEB, AAU Missouri State (X-Treme Fitness, Union, MO) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-742-4537

16,17 FEB, *NASA Ohio State H.S. & Teen World Record Breaker (Springfield, OH) Greg Van Hoose or Richard Peters SQPBDL@aol.com*

22,23 FEB, 100% Raw Women's International Open (all ages, wt. classes, 5 yr. drug testing, 02/02 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

22-24 FEB, Arnold Fitness Expo, Scharzenegger/Lorimer Productions, 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600, www.arnoldclassic.com

23 FEB, APA Iron Warrior Open BP & DL (Montgomery, AL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

23 FEB, *WABDL Budweiser California State BP/DL (Monterey, CA), Iron Society - Matt Lamarque, 831-277-4766*

23 FEB, 12th Winter Bench Press Classic (Granger, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683

24 FEB, *WNPF Ohio St., Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670*

FEB, APA Maryland Open (Laurel, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

FEB, USAPL BP or PL Meet, Phil Harrington, 1112 Haymarket Ln., Wilmington, NC 28412, 910-791-4614

2 MAR, *11th Larry Frederick Memorial BP Challenge, Steve Unrath, North Penn YMCA, 608 E. Main st., Lansdale, PA 19446, 215-368-1601 ext. 230*

2 MAR, *5th AAU Hawaii State (Waimanalo Carnival Pavillion), Keith Ward, Box 654, Waimanalo, HI 96795, 808-259-9800*

2 MAR, *USAPL Georgia St. (open, teen, masters - Duluth, GA), Sherman or Ryan, 770-495-0787, rg5520@yahoo.com*

2 MAR, 6th Pasco Power Team King of the Bench (sculptured trophies, BP & SQ seminar) Rick Lawrence, 727-942-7894, or Mike at 727-863-2228

2 MAR, APA High School & Junior High School National PL & BP and APA Tri-Staet Open PL & BP **(Houston, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com**

2 MAR, All Church Powerlifting Contest (Open to all church members & church sponsored teams) Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

2,3 MAR, NASA Natural Nationals PL, BP, PS (Oklahoma City, OK) SQPBDL@aol.com

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3 MAR, 1st Pittsburgh's Men & Women of Steel Bench Press (assisted & raw: men, women, teen, jr., submaster, master) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620

8-10 MAR, 100% Raw Teenage Nationals (men & women, all ages, wt. classes, 5 yr. drug testing period, 02/09 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

9 MAR, *USPF New Jersey Bench Press & Deadlift (drug free - Hammonton, NJ) Paul Sacco, 609-567-0046*

9 MAR, *NASA East Texas State PL, BP, PS (Longview, TX) SQPBDL@aol.com*

9 MAR, ADAU Raw Drug Free New Jersey St. PL / Out of State (Hamilton Township PAL) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807

9 MAR, USAPL Virginia Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

9,10 MAR, Pepsi WABDL Northwest Regional (Doubletree Hotel, Springfield, OR) Gus Rethwisch, 503-962-5066

9,10 MAR, I.P.A. Teenage Nationals (12-19 - Columbus, OH) Dan Dague, 2251 Sundew Ave., Grove City, OH 43123, 614-539-8311 (H), 614-266-2683 (O)

15-17 MAR, USAPL High School Nationals (St. Louis, MO) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 8-10pm, mcis904082@aol.com, usaplnationals.com

16 MAR, *NASA Ohio State PL, BP, PS (Springfield, OH) SQPBDL@aol.com*

16 MAR, 14th Beast of the East BP/DL (Bradford, PA) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westpa.net

16 MAR, ADAU Great Lakes PL/National Qualifier (open & all age groups, men & women) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

17 MAR, USPF Rhode Island State PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665

23 MAR, *1st Annual John Ware Classic Collegiate Invitational, TSU Irondogs, Student Involvement SUB, 100 E. Norman, Kirksville, MO 63501, Zac Cooper, tsuirondogs@hotmail.com, 660-785-4850*

23 MAR, *USPF West Virginia State & Single Lift SQ and DL & Holley Strength System Open PL, BP, DI (Institute, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475*

23 MAR, 13th Cabin Fever DL plus BP, Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471

23 MAR, USAPL Oregon State (open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570

23,24 MAR, *NASA Iowa State PL, BP, PS (Des Moines, IA) SQPBDL@aol.com*

30 MAR, Tamara Rainwater-Grimwood BP/DL Memorial (Lancaster, PA) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westpa.net

31 MAR, ADAU Seneca Nation of Indians Bench Press Warriors (open men & women, native, youth & teen, junior, submaster, masters) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, 716-673-4613, Jay.Toth@Fredonia.edu

MAR, *NASA Kentucky St., Greg Van Hoose, guhl@wirefire.com*

MAR, NASA Kentucky State (Lexington Athletic Club) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

MAR, AAU MASS State Open (male/female) Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534

MAR, AAU Push Pull Nationals (Richmond, VA) Rudy Garcia or Barb Beasley @ 804-581-1910 or SASE to Rt. 1 Box 212, New Canton, VA 23123.

MAR, USAPL Pennsylvania State (Greater Scranton YMCA, Dunmore, PA) Joe Luciano 570-961-0915 (w), 342-8155, www.geocities.com/steventmann/vmeets.html

6 APR, *APF/AAPF Georgia State PL & Georgia Bench Meet, L.B. & Nadine Baker, 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbbaker@musclemaker.net*

6 APR, *NASA Tennessee State PL, BP, PS (Nashville, TN) SQPBDL@aol.com*

6 APR, Dungeon Power Works Drug Free Bench Slam/DL, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586 or Tyrone Ward 616-273-1092

6 APR, Staunton YMCA Spring BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

6 APR, Police & Firefighters Open Nationals (Capitol Center Inn, Topeka, KS) James Duree, 913-596-7326, JDuree7086@aol.com

6-7 APR, Power Palooza IV PL, BP, DL, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

7 APR, *WNPF Western New York Meet (Niagra Falls, NY), Ron DeAmicis, 6351 New Rd., Youngstown, OH 44515, 330-792-6670*

7 APR, 3rd Pittsburgh Area Monster BP & DL (men, women - all classes - all divisions - cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Spring Water Ct., Moon, PA 15108, 724-457-2708

8 APR, New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com

13 APR, ADAU Raw Drug Free New York City Open BP & BP/DL, Pete Sanzio, 462 Doane Ave., SI, NY 10308, 178-605-1402

13 APR, Iowa/Midwest Open BP/DL and Trap Deadlift (teen, novice, open, submaster, master [1, 2, 3], and women - awards to all lifters) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

13,14 APR, NASA High School Nationals (PL, PS - Oklahoma City, OK) SQPBDL@aol.com

14 APR, 16th Olympic Bench Press Championship, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

20,21 APR, *NASA N. Carolina St. (all events, Hickory/Conover, NC) SQPBDL@aol.com*

27 APR, *NASA Wisconsin St. PL, BP, PS (Marshfield, WI) SQPBDL@aol.com*

APR, *NASA W. Virginia St. Greg Van Hoose, guhl@wirefire.com*

APR, NASA WV State, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

APR, USPF North American PL/BP (men/women open, 14-23, 35-39, 40+, collegiate) Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com

APR, PPL Drug Free Georgia State, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

4 MAY, *NASA IL/IN St. (Flora, IL) SQPBDL@aol.com*

4 MAY, *Costal Bench Press Extravaganza Biggest Bench Meet in the Southeast (15 divisions, 11 wt. classes, guest lifters, demos, seminars, videos, t-shirts, and products- Savanah, GA), 912-660-0033*

4 MAY, USAPL Missouri State/Ozark Open (St. Louis - men & women, open, teen, masters & novice men) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 8-10pm, mcis904082@aol.com, usaplnationals.com

4 MAY, WABDL Hawaii Invitational BP & DL (Drug tested - Lahaina, Maui) Mike Saito 808-373-5739

4 MAY, ADAU NJ State Drug Free Raw 2 lift and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

4,5 MAY, WABDL Monstermuscle Record Breakers (drug tested, Doubletree Hotel, Pasco, WA) Gus Rethwisch, 503-762-5066

4,5 MAY, USAPL National Masters, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

11 MAY, AAU Virginia State Open & Mid-Atlantic Triple Crown Classic (4 contests in one) Barbara Beasley, 1811 Southcliff Rd., Richmond, VA 23225, 804-233-9570, barbeeez@aol.com

18 MAY, *NASS Missouri Strongman with the Microbrewery Festival, Jim Davis & Willie Wessels, 314-837-1372 or 609-6031, dues370162@msn.com*

18 MAY, ADAU Pennsylvania State (men, jr., teen - national qualifier) Joe Orengia, 4468 W. 26th, Erie, PA 16506, 814-833-3727

18 MAY, 5th Newman BP, Robert Ybarra, 2109 5th St., Sterling, IL 61081, 815-626-5042

18,19 MAY, USAPL Texas State & Region 8 Open and BP (TX & OK) & Special Olympian Slots, Tom North, 507 Cora #106, Arlington, TX 76011, 817-469-9169

24-26 MAY, APF Nationals (WPC World Qualifier - Picadilly Inn Hotel - Fresno, CA) Bob Packer, 559-439-4394, 760-2970

25 MAY, *WNPF Western Pennsylvania (Beaver Falls, PA) Ron DeAmicis, 6351 New Rd., Youngstown, OH 44515, 330-792-6670*

MAY, *NASA Kansas St. SQPBDL@aol.com*

MAY, *NASA New Mexico PL, BP, PS SQPBDL@aol.com*

MAY, *NASA PA St. Greg Van Hoose, guhl@wirefire.com*

MAY, NASA Pennsylvania State (New Stanton) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

MAY, USAPL New England States Open, Greg Kostas, Bx 483, Whitman, MA 02382, 781-447-6714 (8-10pm) Rene Moyen, 401-527-3711

MAY, NE Regional World Qualifier, Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534

29 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany)

1,2 JUN, NASA Masters/Submasters Nationals PL, BP, PS (Nashville, TN) SQPBDL@aol.com

15 JUN, USAPL Eastern USA BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

15 JUN, *NASA Texas Classic PL, BP, PS (Longview, TX) SQPBDL@aol.com*

29 JUN, *USBF Laurence Garro Memorial Raw Ironman/Ironwoman (BP & DL) Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, EastCoastPower@Home.com*

29 JUN, *USBF Wayne Detling Memorial Raw Bench Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, EastCoastPower@Home.com*

30 JUN-6 JUL, AICEP Team Russia & Team Canada versus Team Russia, Team Finland, Team Sweden in Helsinki, Finland - AICEP, 15 Cartier, Suite 3, Pointe-Claire, Quebec, H95 4R5, Canada, 514-697-0628 (FAX) 514-697-3735, www.aicep.com

JUN, NASA WV Open (Buckhannon) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

JUN, AAU Raw Nationals (Boston, MA) Dennis Brennick, 617-567-5177

11-14 JUL, 100% Raw Sr. Nationals (men & women, all ages, wt. classes, 5 yr. drug testing, 6/15 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

18-20 JUL, IPA Worlds, Fitness America, 9109 Dyer St., El Paso, TX 79924, 915-755-3032, 915-544-6559 (FAX), Jesse Lopez or David Karam

19 JUL, AAU National Raw PL, Bill Calhoun, 703-585-9425, drugfreesports@yahoo.com

20,21 JUL, WNPF Lifetime Nationals, Ron DeAmicis, 6351 New Rd., Youngstown, OH 44515, 330-792-6670

26,27 JUL, WABDL National BP & DL (Houston, TX - Clarion Hotel) Bob Garza, 281-820-5923

27,28 JUL, NASA Grand Nationals (all events, Hickory, NC) SQPBDL@aol.com

JUL, *NASA Arizona State PL, BP, PS SQPBDL@aol.com*

JUL, PPL Drug Free Southeastern PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

JUL, USAPL Men's Nationals, Dennis & Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

2-4 AUG, AWPC Amateur Worlds (Athens, GA) L.B. & Nadine Baker, 770-725-6684, lbbaker@musclemaker.net, www.irondawg.com or www.musclemaker.net

3 AUG, Team Weber Strength Powerlifting, Robert Weber Jr., 1412 5th St., Camanche, IA 52730, 563-259-8695

10 AUG, Greene County Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

10,11 AUG, NASA World Cup (all events, Oklahoma City, OK) SQPBDL@aol.com

17 AUG, USAPL Mid-Atlantic Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

19 AUG, ADAU Raw Drug Free New Jersey Youth BP and 2 lift (19 & under, out of state division) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807

31 AUG, *NASA Virginia Regional (Charlottesville, VA) Greg Van Hoose, guhl@wirefire.com*

31 AUG, NASA Virginia Regional (Charlottesville) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

AUG, AAU Youth, Teenage and High School Nationals at the AAU Jr. Olympics (Knoxville, TN) Rudy Garcia, Rt 1 Box 212, New Canton, VA 23123, 804-581-1910

10-15 SEP, IPF World Jrs (Venezuela)

9-13 OCT, IPF World Masters (Argentina)

1 SEP, *APF/AAPF Muscle Maker Push Pull & Bench Meet, L.B. & Nadine Baker, 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbbaker@musclemaker.net*

7,8 DEC 02, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

14 DEC 02, Christmas Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

P.S. when writing include a Stamped, Self-Addressed Envelope . (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

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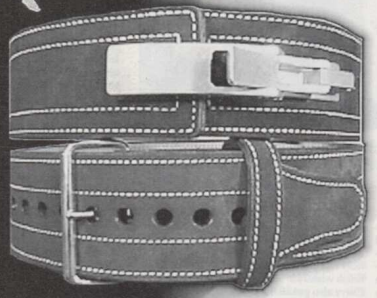

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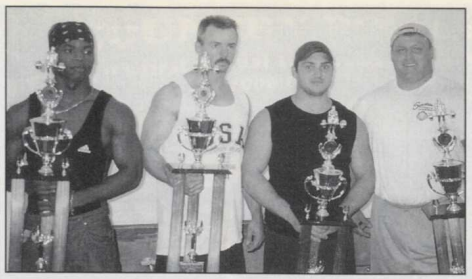
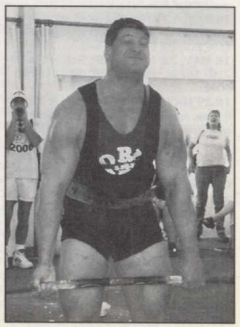
SLP Vince Soto Memorial
Ohio State Fair BP/DL
4 AUG 01 - Columbus, OH

BENCH PRESS
submaster women
97
Melanie Gibson 100
242
Valerie Conley 125*
4th 135*
master women 45-49
148
Marcia Ferguson 210*
4th 220*
open women
148
Marcia Ferguson 210*
4th 220*
teenage men 13-15
148
Zac Jenkins 130*
165
Joshua Barnes 170*
teenage men 16-17
132
Jason Bernath 205*
148
Cad Warvel 255
teenage men 18*-19
148
Allen Ankrom 290*
181
Sam Zerkle 285*
220
Justin Mason 320
242
Tom Golden 430*
junior men
148
Jay Zurlinden 280*
181
Richard Smith, Jr. 385*
198
Jonathan Brown 405
220
Justin Wood 380*
Josh Doran 375
Steven Snyder 365
submaster men
148
Frank Ranelli 300*
165
Lee Wilcoxen 355*
4th 365*
165
Mark Hess 305
181
Steve Watts 410
198
Brooks Pool 325
242
Jeff Ritzler 450*
Kirk Bardos 430
Jeff Eaton 405
275
Jeff Peshek 605
Harold Mobley, Jr.
*.475
master men 40-44
165
Robert Imke 340*
220
Daniel Rozzo 410*
242
Mike Wigglesworth
375*
Kurt Hall 360
shw
Earl Curry 375*
master men 45-49
220
Mike Young 475
Toni Boyer 390
308
Mike Giese 380*
master men 50*-54
198
Bob Bean 400*
Jeff Smith 250
242
Mike Ferguson 415*
master men 55-59
220
Sam L. Glover 305*
275
Dick Ledford 435*
master men 60-64
198
Wayne Smallwood
405*
Chuck Bryan 290
master men 65-69
220
Reece Prater 300*
shw
Jeff Telljohn 365*
team
Iron Smith Gym
police & fire
148
Ernie Ankrom 300*
181
Rick Hall 365*
242
Mike Ferguson 415*
275
Ryan Moody 370*
open men
165
Jacob Williams 385*
4th 400*
John Hammond 300
181
T. R. Russo 400*
Kevin Crawford 385
198
Chad Dailing 400
4th 410*
David Perrino 360
Brooks Pool 325
Tony Ashbrook 320
220
Derek Barnickel 500*
James Smith 360
242
Paul Vargo 500
4th 520*
Marc Zingaro 500
Ramone Hennings 350
Jason Voekel 350
4th 360
Chad Shortland —
275
Nick Abel
shw 380*
Rob Twining 470*
Best Lifters: lightweight - JACOB WILLIAMS heavyweight - JEFF PESHEK.
DEADLIFT
youth
(8)
Sam Z. Glover 105
submaster women
132
Lydia Skapura 250*
teenage men 13-15
148
Zac Jenkins 315*
4th 325*
165
Joshua Barnes 350*
4th 360*
teenage men 18-19
148
Allen Ankrom 450*
181
Sam Zerkle 500*
junior men
148
Jay Zurlinden 310*
submaster men
148
Frank Ranelli 375*
4th 390*
165
Mark Hess 470*
220
Berard Smith 500*
242
Kirk Bardos 555*
275
Harold Mobley 560*
master men 40-44
242
Kurt Hall 575*
master men 55-59
198
Harry Hartman 530*
220
Sam L. Glover 420*
master men 65-69
220
Reece Prater 400*
police & fire
148
Ernie Ankrom 480*
181
Rick Hall 530*
open men
165
Jacob Williams 315*
198
Chad Dailing 600*
220
Donn Taylor 565*
Mike Jester 505
242
Chad Shortland 650*
Jason Voekel 500
275
Sam E. Glover 525*
308
Paul Bradshaw 680*



BEST LIFTERS *at the Ohio State Fair BP/DL (left to right) Jacob Williams (Ltwt. BP), Rick Hall (Ltwt. DL), Chad Dailing (Hvywt. DL), Jeff Peshek (Hvywt. BP). Photograph courtesy of Dr. Darrell Latch.*

*Son Light Power Ohio state record. Best Deadlifters: lightweight - RICK HALL, heavyweight - CHAD DAILING. The Vince Soto Memorial Ohio State Fair Bench Press/Deadlift Championships were held August 4, 2001 at the Cardinal Convention Center on the fairgrounds in Columbus, Ohio. This event pays tribute to Vince Soto, who passed away in 1999. Vince was a great competitor; 123 & 132, a personal trainer and powerlifting coach. Dr. Hector and Lourdes Soto, Vince's parents and family were present once again as we honored Vince's contributions to the sport. WOMEN: In the bench competition, Melanie Gibson, current state record holder at 97, won that class in the submaster women's division with a strong 100. Melanie failed her last two attempts, going for a new state record of 110. Newcomer to the sport, Valerie Conley, did well, finishing with a state record 135 on her fourth attempt. 148 winner, Marcia Ferguson, got all four of her attempts with ease to finish at 220; state records in both the police & fire and open women's classes. TEENAGE MEN: Zac Jenkins did well, capturing the teenage 13-15/148 class with a new state record 130. Also a 13-15 was 165 class winner, Joshua Barnes. Josh only got his opener of 170, but was good enough for another new state record. Jason Bernath took the 16-17/132 title setting the record there with 205. Chad Warvel, who holds the state record at 16-17/148, matched his best with a 255 second attempt. In the teenage men's 18-19 division we had four great lifters, each winning their respective weight classes. At 148 it was Allen Ankrom with a state record 290, lifting at a 146 bwt. Sam Zerkle won at 181 with another state record attempt of 285. Justin Mason got all three of his attempts in to finish with 320 for the win at 220. Up last was defending champion Tom Golden, who finished with a big record 430 1 his second attempt to capture the title at 242. JUNIOR MEN: In the junior men's division it was Jay Zurlinden for the win at 148 with another state record, here with 280. Richard Smith, Jr. weighed in at only 176 but got a big 385 for the record at junior 181. 198 winner Jonathan Brown also got a big lift in, finishing with 405 @ 192. Justin Wood took the state record away from second place finisher Josh Doran at 220. Justin finished with 380 while Josh had to settle with 375. Third place went to Steven Snyder, who ended up with 365. SUBMASTER MEN: In the submaster division Frank Ranelli took the 148 class with a strong 300 state record bench. At 165 it was Lee Wilcoxen over Mark Hess 355 to 305. Lee came back with a successful fourth attempt of 365 for a new state record there. Steve Watts got a new pr with his win at 181, hitting 410 on his second attempt. Brooks Pool took the 198 class with an easy 325, this being his first competition. Jeff Ritzler got a big 450 state record in his win at 242, while Kirk Bardos finished second with 430. Jeff Eaton was third at 242 with his opener of 405. Big Jeff Peshek took the 275 class as well as best lifter honors for the heavier division with a great pr and state record 605. Changing to a different shirt Jeff also gave 640 a try, falling just short of lockout. Harold Mobley, Jr. was second at 275 with 475. MASTER MEN: Robert Imke won the master 40-44/165, setting the record there with 340. Daniel Rozzo had a good day, getting an easy state record 41 0, weighing in at only 204. At 242 it was Mike Wigglesworth for the win, finishing with his state record opener of 375. Mike then jumped to a pr 430, missing that weight twice. Second place at 242 went to Kurt Hall, who got all three his attempts in to finish with 360. Superheavyweight winner Earl Curry also got all three of his attempts, settling with a new state record 375. In the 45-49 division Mike Young moved in from the open division to not only win the 220 class but also establish a new state record there. Mike finished with a strong 475 to overpower past record holder Tom Boyer, who finished with 390. Mike Giese took the 308 class with 380, breaking his own state record by ten pounds. At 50-54 Bob Bean broke his state record with his first 400 bench for the title at 198. Second place at 198 went to Jeff Smith who finished with 250. Mike Ferguson took the 242 title, setting a new record there with 415. We congratulate Mike and his wife Marcia on their recent national bodybuilding title. Sam L. Glover won the 55-59/220 title with 305, a new state record there. Dick Ledford took the 275 title with another state record performance, finishing with 435. Wayne Smallwood had just gotten his first ever 400 bench last month but topped that here with a record 405 for the win at 60-64/198. Second at 198 was Chuck Bryan with 290. Reece Prater took the 65-69/220 title, setting a new state record there with 300. Reece had been a little under the weather and had lost about fifteen pounds, but still showed plenty of strength. Big Jeff Telljohn won at shw, making just his opener of 365, another state record, to round out the master competitors. POLICE & FIRE: At 148 Ernie Ankrom set the state record with a strong 300 second attempt, missing only his final with 315. Rick Hall won at 181, going three for three to finish with a state record 365 @ 175. Mike Ferguson won his second title of the day at 242, setting the record there with 415, breaking his own existing state record by ten pounds. Ryan Moody took the 275's with another state record, finishing with 370. OPEN MEN: Jacob Williams had a great day at 165, setting a new state record with his win. Jacob got all four of his attempts to finish with 400. Second place at 165 went to John Hammond who only got his opener of 300. T. R. Russo also finished with a 400 state record as he captured the title at 181. Kevin Crawford was second with 385. Chad Dailing continues to improve, both strengthwise and formwise, as he captured his first bench press title at 198. In doing so Chad broke the existing state record with a fourth attempt of 410. David Perrino finished second with 360, after missing his final attempt of 375. Brooks Pool was third with 325, followed by Tony Ashbrook's 320 for fourth place. Derek Barnickel, competing in just his second competition, got his first 500 bench, a new personal and state record with his win at 220. James Smith, lifting in his first competition, finished second, making just his opener of 360. After Chad Shortland failed to get his opener of 610 in, Paul Vargo came out on top of the 242 class with his 500 third attempt followed by a 520 state record fourth. Marc Zingaro was second at 242 also finishing with 500, though weighing in two pounds heavier than Paul. Ramone Hennings was third with 350, followed by Jason Voekel's 350 and 360 fourth attempt. Nick Abel set the record at 275 with his win there, ending with 380 for the day. Our final open lifter was shw winner Rob Twining, who finished with a state record 470. Best lifter honors for the lighter classes went to Jacob Williams, who finished with 400 152. DEADLIFT: In the deadlift competition we began with one part of a unique trio when eight year old Sam Z. Glover won the youth division with a pr 105. Sam's father, Sam E. and grandfather Sam L. also lifted. In the women's submaster division, Lydia Skapura set a new Ohio state record with her strong second pull of 250 to take the 132 class. Lifting in his first competition, Zac Jenkins won his class at 13-15/148, finishing with 315, followed by a 325 fourth attempt. Both were new state records for Zac. In that same age group, Joshua Barnes won at 165, also with new records to finish with 350 and 360. In the teenage men's 18-19 group, Allen Ankrom got a new record at 148 with 450 while Sam Zerkel won at 181 with his record-breaking 500 second attempt. Jay Zurlinden won his second junior title of the day, posting his second state record of the day with 310 @ 148. In the submaster division Frank Ranelli also won his second title of the day with a record setting 375 third attempt pull. Frank then called for and got a fifth with 390. Mark Hess won at 165 with a solid 470 record pull, weighing in at just 163. Berard Smith took the title at 220, setting the state record there with 500. Kirk Bardos pulled a solid 555 at 242 while Harold Mobley finished with 560 @ 275, both new state records. Harold's 560 was also a new personal best for him. In the master men's division Kurt Hall looked strong as he won the 40-44/242 title. Kurt finished with a 575 state record after coming close with his final attempt of 600. Harry Hartman continues to amaze his fans as he pulled 530 at 55-59/198 for the record there. Also in the 55-59 division was grandpa Sam L. Glover who won at 220, pulling a record 420. Reece Prater was our final master competitor, taking the 65-69/220 class with still another Ohio state record pull of 400. Ernie Ankrom and Rick Hall repeated their win from the bench press here in the police & fire division. Ernie got his second state record of the day at 148 with a solid 480 pull. Rick not only set the state record at 181, but with his 530 second attempt pull at a 175 bwt. gained the best lifter title for the lighter classes. In the open men's division Jacob Williams just pulled his opener of 3 15 for the win at 165. Chad Dailing finally got his first official 600 with his win at 198, setting the state record there. At 220 it was Donn Taylor over Mike Jester 565 to 505. Donn got all three of his attempts in for the title and state record while Mike struggled, making just his opener. Chad Shortland gained best lifter honors for the heavier classes with his win at 242, finishing with a new state record 650. Jason Voekel was second at 220 with 500. Sam E. Glover won at 275 with a record 525 pull, but big Paul Bradshaw had the biggest pull of the day with his 680 state record at shw. It was great to see Paul back after tearing his bicep two years ago. Team honors went to Iron Smith Gym of Columbus. Thanks to my wife Susie, son Joey, Daniel Moutria, the family of Vince Soto and all others who helped out. See you all again next year! (thanks to Dr. Darrell Latch for providing the meet results to *PL USA*)



Paul Bradshaw *locks out an SLP Ohio State Record of 680 at 308*

WABDL Twin Lab North American BP/DL 12 MAY 01 - Irving, TX

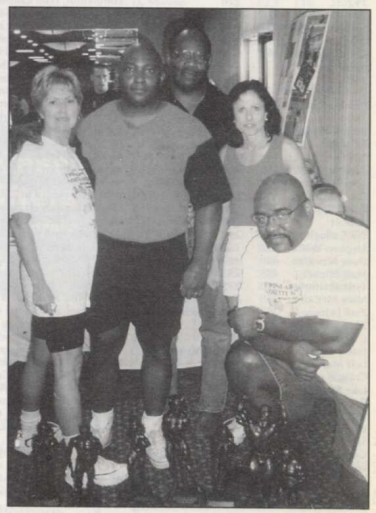
BENCH
Open Women
105
T. Schrank 148
132
C.Lancaster 93
Master Women
Law/Fire
165
C. Luprete 166
Submaster Women
105
T. Schrank 148
123
H. Hughes 110
Teen Women 16-19
105
A. Wilder 110
114
M. Baker 104
Master Women
47-53
165
C. Luprete 166
54-60
132
S. O'Brien 115
MEN
Junior 20-25
165
J. Ojeda 314
G.Neal 286
198
C. Matthews 413
220
T. Arterburn 519
E.Wright 468
4th 479
A. Quiroz 429
275
A. Payne
Class I Men
148
P. Rios 275
4th 281
B. Worley 236
165
L. Bevill 314
P. Dunn 314
181
M. Bauman 264
198
R. Warriner 418
220
A. Quiroz 429
S. Donegan 352
C. Hubble 325
M. Dorman 319
C. Baker 236
4th 253
SHW
R. Dolgener 413
4th 418
Submaster
165
D. Scherer MD 374
198
T. Anderson 352
242
K. Malone
275
J. Stewart 600
B. Leitz 589
M. Hamby 490
J. Robinson 485
C. Colchado 402
SHW
T. McKinney
Open
148
M. Rodriguez 385
181
J. Marin 429
P. Thomas
198
H. Rhoton 485
D. Harvey
220
J. Roberts 402
242
J. Fullerton 485
R. McCoy 451
J. McCullough 380
S. Ross
275
J. Stewart 600
J. Robinson 485
M. Runnels 380
SHW
T. McKinney

Special Olympian
181
A. Markham
Teen 13-15
105
B. Jackson 93
132
Z. O'Quinn 165
J. Chavez
148
C. Hargett 154
181
D. Rogers 165
220
C. Baker 253
J. Quickle 236
Teen 16-19
148
P. Rios 275
4th 281
L. Gray 259
F. Jackson 121
165
L. Bevill 314
181
K. Bowen 192
S. Romans
220
M. Albright 358
Law/Fire
198
W. Rivord 374
242
S. Ross
275
K. Wilkerson 424
Masters
40-46
148
B. Worley 236
165
C. Mustari 352
220
B. Whited 451
M. Gibson 402
J. Roberts 402
275
M. Runnels 380
B. Tyree
47-53
181
D. Bell 319
J. Mauldin 314
S. Hoffner 303
242
G. McCoy 479
S. Finegan 468
275
B. Wright 336
SHW
C. Rosborough 512
4th 523
54-60
198
J. Snodgrass 325
R. Contreras 292
220
J. Parham 330
4th 336
242
J. Duckett 270
4th 292
275
T. Lucas 286
61-67
165
J. Scherer MD 270
181
G. Johnson 325
220
B. Lumpkin 341
L. Watson 270
4th 281
80plus
165
J. Heizelman 181
DEADLIFT
MEN
Law/fire
198
W. Rivord 628
Submaster 34-39
220
D. Adams 655
275
J. Robinson 556
C. Colchado 551
Teen
13-15
97

M. Ellis 203
114
S. Tillman 275
132
Z. O'Quinn 264
148
C. Hargett 314
181
D. Rogers 308
220
C. Baker 402
16-19
148
P. Rios 435
L. Gray 413
165
L. Bevill 435
198
K. Bowen 440
220
M. Albright 584
Open Men
198
W. Smith 578
M. Pearce 540
K. Kirkland 429
R. Contreras 457
4th 467
198
D. Adams 655
242
M. Meza
275
M. Runnels 606
J. Robinson 556
Masters
40-46
148
B. Worley 358
165
E. Diaz 473
R. High 451
198
R. Reynolds
275
M. Runnels 606
47-53
242
G. Cobb 600
275
T. Ekenberg 567

B. Wright 418
54-60
198
R.Contreras 457
4th 468
J. Snodgrass 451
220
O. Jordan 501
T. Barth 418
242
J. Duckett 369
Junior
165
J. Ojeda 473
4th 485
198
C. Matthews 633
Class I
148
P. Rios 435
B. Worley 358
165
K. Taylor 457
R. High 451
L. Bevill 435
181
M. Bauman 507
198
S. Collins 501
K. Bowen 440
220
S. Donegan 529
M. Dorman 468
C. Baker 402
242
M. Trepanier 501
275
T. Ekenberg 567
WOMEN
Submaster
123
H. Hughes 259
4th 275
Teen 16-19
105
A. Wilder 220
4th 231
114
M. Baker 225
Master 47-53
165
C. Luprete 248

About 100 lifters competed in this event, held at the Holiday Inn Select North - a 7 minute shuttle ride from Dallas - Ft. Worth airport. In submaster deadlift, Dodd Adams set a Texas State Record in the 220# class with 655 - he's a great puller with a good deadlift future. At 275, Jason Robinson pulled 556.5 for 1st. Cody Colchado was 2nd with 551. Cody is a great lifter with impeccable form. What makes that so amazing is that he is blind. In Teen Men Deadlift 13 15, Mitchell Ellis set a Texas State Record of 203 3/4# in the 97# class. In the 114# class, Stephen Tillman set a state record with 276#. In the 148# class, Coty Lane Hargett set a state record with 314#. David Rogers set a state record at 181 with 308# and Curt Baker set a state record at 220 with a big 402# at age 14. In Teenage 16-19 in the 148# class, Pedro Rios set a Texas State Record of 435#. At 165 Luke Bevill just missed a Texas State Record with 447 and had to settle for 435. At 220 Matt Albright did a big 584 and Kevin Bowen did 4403/4 at 198. Matt Albright was named Outstanding Lifter. In open men 198, Willis Smith bested 3 others contestants with a 578 1/2. At 220 Dodd Adams set a Texas State Record with 655 3/4. At 275 Michael Runnels set a Texas State Record with 606# and looked good for a lot more. Outstanding lifter was Dodd Adams. In Masters Division Deadlift age group 40-46 at 148# Bobby Worley won with 358. At 165 Enrique Diaz beat Ronnie High 473 to 451 3/4. At 275 Michael Runnels set a Texas State Record with 606. In Masters Dead 47-53, Tom Ekenberg pulled a nice 5671/2 at 275 for the victory. In Masters Dead 54-60, 198, Roberto Contreras set a state record with 468. At 220 Tom Barth set an Oklahoma State Record with 418 3/4. Onnie Jordan was the winner, however, with 501 1/2. Onnie is coming back from a back injury and is a great deadlifter. Jimmy Duckett, the reincarnation of Will Rogers, set an Oklahoma State Record at 242 with 369#. In Junior Men's Deadlift, Joe Ojeda set a Texas State Record with 485 at 165. At 198, Chad Matthews pulled a huge 633 3/4. In Class I Deadlift Pedro Rios set a Texas State Record with 435. At 165, Kirk Taylor beat Ronnie High 457 to 451, At 181 Matt Bauer pulled up 507. Stan Collins set a state record at 198 with 5011/2. At 220 Sean Donegan set a Texas State Record with 529 to best Mike Dorman, who did 468. At 242, Marcel Trepainer hauled in 501 and Tom Ekenberg won at 275 with 567 1/2. Matt Bauman was outstanding lifter. In Open Law/Fire, William Rivord set a World Record Deadlift with 628# in the 198# class. In Women's Deadlift, at the master level, Camellia Luprete pulled 248 at 47-53, 165#. In submaster, Heather Hughes set a Texas State Record with 275 1/2. In Teen Women Ashleigh Wilder set a Texas State Record with 231 at 16-19 with 105#. Now to the Bench Press. In submaster 165, Dr. David Scherer set a Texas State Record with 374 3/4. At 275 blind lifter Cody Colchado did a perfect form 402 bench. Mike Hamby set an Oklahoma State Record with 490 at 275, however, the real battle at 275 was Bobby Leitz vs John Stewart. Bobby opened at 589 and came very close with 611 3/4 and 633 3/4. John Stewart won with a 600 3/4 opener and came very close with 639 and 650. John was named outstanding lifter. In open men, Marcos Rodriquez won at 148 with 385 3/4. He holds the state record with 413. At 181 Jose Marin set a Texas State Record with 429 3/4. At 198 Hoss Rhoton put up 485 and was named Outstanding Lifter in the lightweights. At 242, Jimmee Fullerton won with 485 and won the Heavyweight Best Lifter award. At 275, Jason Robinson won with 485. In Teenage Bench, 13-15 age group, 132# class, Zach O'Quinn set a Texas State Record with 165#. At 148#, Coty Lane Hargett set a Texas State Record with 154#. At 181 David Rogers set a Texas State Record with 165#. At 220 Curt Baker was looking very strong with 253 1/2 at age 14. In Teenage Bench 16-19 age group, at 165#, Luke Bevill set a Texas State Record with 314. At 220 Matt Albright set a Texas State Record with 358. Outstanding Lifter lightweight category Teenage was Luke Bevill and outstanding lifter heavyweight teenage was Matt Albright. In Class I Bench Pedro Rios set a Texas State Record at 148 with a nice 281. At 165 Paul Dunn did a 314 with a close try at 330 1/2. Luke Bevill was the winner at 165 with 314 and was the lighter man. At 198 Richard Warriner set a Texas State Record with 418 3/4. At 220 Curt Baker won his 2nd trophy of the day with a 253 1/2. Sean Donegan put up 352 1/2 at 220 for 2nd and Andrew Quiroz was the North American champion with 429 3/4. At Super Robert Dolgener looked very impressive physically, with 418 3/4. Richard Warriner was the outstanding lifter. In Open Men Law/Fire Bench, William Rivord set a North Carolina Law/Fire bench record of 374 1/2 at 198#. Keith Wilkerson won at 275 with 424. In Masters Division Bench in age group 40-46 at 165 Carol Mustari set a New York State Record with 352 1/2. At 220# Brian Whited blasted up 451 3/4 for an Oklahoma State Record. At 275# Michael Runnels won easily with 380. In Masters age group 47-53, 181#, Dan Bell won a 3 way battle with Steve Hoffner and Jamey Mauldin with a 319 1/2. At 242 Greg McCoy put up a huge 479 1/2 for a Texas State Record. At Super, Carl Rosborough did an even huger 523 1/2 Texas State Record. He has 17" forearms - they don't get much bigger than that. In Masters 54-60 198# class Jim Snodgrass set a Texas State Record with 325. At 220 Jim Parham set an Oklahoma State Record with 336. At 242, Jimmy Duckett set an Oklahoma State Record with 292 and a big smile to boot along with a good joke to make everyone around him smile. At 275 Dr. Thomas Lucas won with 286 1/2. In Masters 61-67 165# Dr. James Scherer put up a 270. At 181 World Record Holder George Johnson couldn't get a world record 341 1/2 so he had to settle for 325. At 220, Lyndon Watson set a Texas State Record with 281#. In Master 68-74, Billy Lumpkin opened with 341 at age 69 and came close with a 369 world record. At age 83, Jack Heizelman set two world records at 165# ending up with 181 3/4. In Junior Men's Bench, at 165, Joe Ojeda rammed up 314, but missed a state record 325. At 198 Chad Matthews put up a nice 413 at 220. Tony Arterburn set a world record 519 - he is only 20. Eric Wright was 2nd with a Texas State Record 479 1/2. Tony Arterburn was outstanding lifter. In Master Women's Bench, Camelia Luprete set a Texas State Record at 47-53 165# class with 166#. In Masters 54-60 132# class, Sharon O'Brien set a Texas State Record with 115 1/2. Sharon is the most beautiful 55 year old lifter you will ever see. She could pass for 40. In Teen Women's 16-19 age group in the 105# class, Ashleigh Wilder set a Texas State Record with 110#. At 114, Merissa Baker set a Texas State Record with 104 1/2. In Submaster Women, Teresa Schrank set a world record 149 3/4 weighing only 105# - magnificent lift and she is another Texas beauty. At 123, Heather Hughes missed her first two attempts at 110 and finally made it on her 3rd. In Master Women Law/Fire Bench, Camelia Luprete set a world record with 166.2# at 165# weight class. In Open Women's Bench, Teresa Schrank set a Texas State Record 149 3/4. I want to thank Twin Lab, Powerlifting Superstore, Inzer Advance Designs, House of Pain, MAC Barbell, 24 Hour Fitness, Advocare and Johnny Anderson, Apex Fitness and Nutrionalysis, Prince Harrison of Optimum Fitness, Ben E. Keith Beers makers of Budweiser, Ed McDonald of Thermolink, Powerlifting USA and Casual Male Big & Tall. Tremendous thanks go to Karen Anderson the scorekeeper. The Chief Referee was Dennis Burke, and other judges were Ken Anderson, Jim Snodgrass and Mike Meza. Platform weights were supplied by York Barbell. The platform bench was supplied by Forza Strength Systems and all the warmup weights, bars & benches were supplied by Radar Capehart and I want to especially thank Ken Anderson & Jim Snodgrass for their support and devotion to WABDL. (Thanks to Gus Rethwisch for the meet report)

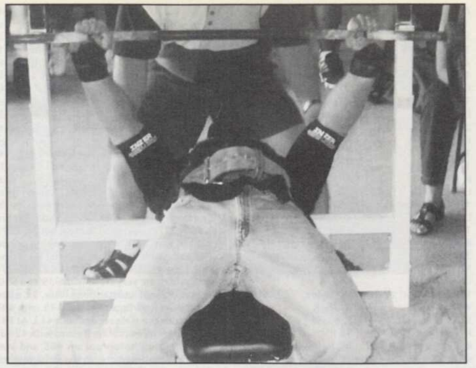


Left to right *.... Sharon O'Brien, Reggie McCoy, Greg McCoy, Teresa Schrank, and big Carl Rosborough, who possesses 17" forearms. (photo provided by Gus)*

SLP Illinois State Fair BP/DL
19 AUG 01 - Springfield, IL

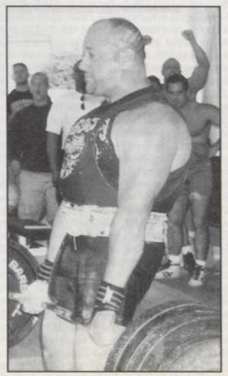
BENCH PRESS
submaster women
148
Laura McCune 205*
open women
123
Alisha Gunter 140*
165
Buffy Gordon 280*
teenage men 16-17
165
Whit Kauffman 205*
teenage men 18-19
165
Ryan Watts 250
181
Derek Ridgnal 255
junior men
148
Greg Burge 190*
165
Jared Panton 225*
198
Nick Young 450
submaster men
242
Fabray Collins 385
master men 40-44
165
Butch Davis 325*
198
Mike Maxwell 320
220
Al Kennedy 430*
242
Doug Haycraft 475*
Mark Aydt 440
Gene Beler 440
master men 45-4
198
Dave Newman 480*
242
Eddie Pool 480*
Barry Blackmon 410
275
Ron Anderson 305
police & fire
master men 40-44
220
Al Kennedy 430*
police & fire
165
Anton White 330
220
Chad Bates 380
242
Greg Gordon 515*
Tommy Harrison 490
275
Chris Gholston 460
open men
148
O. Anderson 260
Phil Mahan 195
165
Bennie Williams 300
Bill Kalin 255
181
Tommie Gentry 410*
Jason Carson 380
Casey Morrow 350
Troy Vilayhong 300
198
Bill Gallagher 585*
Stephen Webb 515
Dave Newman 480
Matt Pitcher 405
Tyris Matthews 390
Mike McCabe 360
Paul LeJeune 285
220
J. T. Hall 490
Jason Black 435
Luis Martinez 430
Craig Hardwick 305
Jake Faulkner —
Bob Williams —
242
Eddie Pool 480
T. C. Roesch 460
Gene Beler 440
Eric Maney 335
master men 50-54
181
Jerry Wood 415*
Richard Carlson 255
master men 65-69
275
John Luallen 235*
open men
275
Ron Brady 500
4th 515
Damon Davis 335
Brian Tribble —
Best Bench Presser - lightweight - JERRY WOOD Best Bench Presser - heavyweight - BILL GALLAGHER
Deadlift
teenage women 13-15
123
Casie Howard 160*
master women 50-34
132
Marion Gaddie 210*
open women
123
Alisha Gunter 230*
165
Buffy Gordon 425*
teenage men 13-15
148
Rick Gregory 380*
junior men
148,
Greg Burge 340*
165
Clad Schaive 365*
4th 390*
275
Derek Weichert 565
4th 600*
submaster men
198
Leo Welch 660*
John Whalen 465
242
Tom Oberle 560*
master men 40-44
198
Mike Raya 515
master men 65-69
275
John Luallen 305
4th 315*
police & Fire
220
Clad Bates 460*
open men
148
Greg Burge 340*
165
Bennie Williams 475
Mike Pacha 475
Bill Kahn 410
Clad Schaive 365
4th 390
181
Joe Malek 450*
Rick Branham 435
198
Leo Welch 660
Dave Newman 560
Matt Pitcher 450
242
T.C. Roesch 725*
Andrew Sanders 630
Richard Harris 465
275
Damon Davis 610
Derek Weichert 565
4th 600
Brian Tribble 525
master men 45-49
181
Rick Branham 435*
198
Dave Newman 560*
Terry Valenti 475
275
Ron Anderson 520*
master men 65-69
181
John Bressner 410*

Son Light Power Illinois state record.man-woman deadlift - 220 - Buffy Gordon / Greg Gordon 1000. 2-man deadlift - 220 - T.C. Roesch / Leo Welch 1130*. 220 - Terry Valenti / Zac Valenti 900. 242 - Mike Irwin / Ron Harlow 1235*. team championship: Roesch's Gym 30, Muscle Corp. 30, The Gladiators 29



Bill Gallagher *locks out a PR and SLP state record 585 BP @ 198.*

Best Deadlifter - lightweight - BUFFY GORDON Best Deadlifter - heavyweight - T. C. ROESCH. The 2001 SLP Illinois State Fair Bench Press/Deadlift Championships were a huge success with the biggest turnout in the long history of this event. I would like to thank everyone at Special Events who continue to make, this one of the premier events at the fair. With one hundred entries throughout the state of Illinois, plus a few from Missouri and Indiana, we had a great day of lifting. A special thanks to Linda Middleton, who served as head judge, my wife Susan and Tammy Mayer who served as side judges, my son Joey for spotting, loading and judging, Steve Parkhurst, Ron Walsh, Mike Irwin and Ron Harlow for spotting and loading and everyone else who helped out. In the bench press competition Laura McCune took the submaster women's 148 class with a great 205 state record final attempt. In the open women's classes it was Alisha Gunter for the win at 123 with a state record 140. This was Alisha's first competition. Buffy Gordon got a big 280 state record at 165, just missing at lockout at a great 300 third attempt. At teenage 16-17 we only had one competitor, Whit Kauffman, who finished with a state record 205 at 165. Ryan Watts also won at 165, but in the 18-19 age group, ending with a fine 250 bench. Derek Rignal finished with 255 for the title at 181. Greg Burge set the record at junior 148 with 190 while Jare Panton won at 165 with 225 for another state record. Nick Young won at junior 198 with an easy 450, far below his personal best and state record of 500, set earlier in the year. Lone submaster lifter Fabray Collins won at 242 with his opener of 385. In the master 40-44 division Butch Davis set the record at 165 with 325, just missing 335 for his final attempt. Mike Maxwell won at 198, while Al Kennedy broke his own state record at 220 with 430 for the win there. In a full class at 242, Doug Haycraft came away the winner with a new state record 475. Mark Aydt was second with 440 followed by Gene Beler with that same weight, only seven pounds heavier. Dave Newman worked his butt off helping the dozen or so lifters he brought, but still managed a huge pr and state record 480 at master 45-49/198 for the win! Eddie Pool also ended with a big 480 pr and state record on his way to the 242 title. Barry Blackmon was second with 41O. Master 45-49/275 winner Ron Anderson finished with 3O5. NASA world record holder Jerry Wood set the record at 50-54/181, finishing with at strong 415 while Richard Carlson, lifting in his first competition, was second with 255. Our oldest competitor was John Luallen lifting in the master 65-69/275 class. John broke the existing state record with a solid 235 opening attempt. Al Kennedy captured his second title of the day with his win at police & fire/master 40-44/220, finishing with a personal best 430. In the open police & fire division Anton White won at 165 with 330. Anton holds the state record at 365. Chad Bates won at 220, finishing with a solid 380. Greg Gordon returned to competition after about seven years off to capture the title at 242, finishing with a 515 state record for his final attempt. Tommy Harrison, was second with 490, just not quite in the groove on this day. Training partner Chris Gholsto took the title at 275 with 460, making just his opener. In the open division Otis "Baby Oil" Anderson, the idol of every Chicago teenage male, won his first state fair title at 148. With the help of three rolls of duct tape (to keep him on the bench) Otis finally got his opener of 260 in for the win. Second place went to Phil Mahan, who finished with 195. At 165 it was Bennie Williams with his opener of 300 for the win over Bill Kalin, who also just got his opener of 225 in. Tommy Gentry came for and got the state record at 181 with his second attempt of 410. Tommy took that record away from Jason Carson, who finished with 380. Casey Morrow was third with 350 followed by Troy Vilayhong, who finished with 300. This was Troy's first competition. The biggest bench of the day came from 198 winner and best heavyweight lifter, Bill Gallagher. Bill pr'd his second attempt with 565, following that with a state record 58 third, all at a 196 bwt! Second place at 198 went to Stephen Webb with a personal best 515 as third place honors went to Dave Newman's 480. Matt Pitcher was fourth with 405 while Tyris Matthews settled with fifth place at 390. Rounding out the field was Mike McCabe with 360 and Paul Lejune at 285. J. T. Hall came home from Kentucky again to capture the title at 220. James finished with a personal best 490 taking a run at 500 on his final attempt. Second place went to Jason Black with 435 followed by Luis Martinezs' 430. Fourth place was awarded to Craig Hardwick, who finished with 305, while Jake Faulkner and Bob Williams failed to get their openers. Eddie Pool won his second title of the day with that great 480 pr at 242. T. C. Roesch was second with a strong 460, followed by Gene Beier's 440 third place finish. Eric Maney was fourth with 335. Ron Brady won at 275 with a strong 500, followed by a great 515 fourth attempt effort. Both of these lifts were new personal records for Ron. Damon Davis was second at 335 while Brian Tribble failed with his opener of 365. In the deadlift competition Casie Howard won the teenage 13-15/123 class, finishing with a 160 state record. Marian Gaddie took the master women's 50-54/132 class with a strong 210 state record pull. Both of these ladies were lifting in their first competition. In the open women's division Alisha Gunter repeated as 123 champion finishing with a 230 record pull there. Buffy Gordon finished with 425 for the state record at 165. Weighing under the limit Buffy actually won the best lifter honors for the lighter classes. Rick Gregory, lifting our lone teenager, got a new state record with his win at teenage 13-15/148 pulling a 380 personal record. In the junior men's division Greg Burge won at 148 with 340 while Chad Schaive took the 165's with 365 followed by a 390 fourth attempt At 275 it was Derek Weichert pulling a solid third attempt with 565 as well as a fourth with 600. All of these winners set new state records in their respective junior classes. Leo Welch tied the existing state record at submaster 198 with a great 660 pull for the win there. John Whalen was second at 198 with 465, matching his own personal best. Tom Oberle pulled 560 for the win at 242. Mike Raya, competing for the first time in over five years, won the master 40-44/198 title with 515. At master 45-49 we had four competitors with all three of the winners establishing new state records. At 181 it was Rick Branham with a solid 435. Dave Newman won his second master title of the day with a 560 personal best at 198. Terry Valenti was runner-up at 198 with a strong 475. Ron Anderson won at 275 with 520. At master 60-64 it was John Bressner with a 410 state record pull at 181. Then our final master lifter was sixty-nine year old John Luallen who finished with 305 before pulling a successful fourth attempt 315 state record. Our lone competitor in the police & fire division was Chad Bates, who pulled a state record 460 weighing in at 207. In the open division Greg Burge won at 148 with a record 340 for his second title of the day, Bennie Williams took the 165's with 475 over Mike Pacha, who also pulled 475, but weighing three pounds heavier than Bennie. Bill Kalin was third at 165, finishing with a 410 personal best. Chad Schaive was fourth with 365/390. Joe Malek took the 181's over Rick Branham 450 to 435. Joe's 450 was a new Illinois state record at 181. Leo Welch man at 198 with his strong 660 pull, coming within twenty pounds of the state record. Dave Newman was second with his pr 560 while Matt Pitcher was third with 450. Best Lifter in the heavier classes, T. C. Roesch, claimed the title at 242 with the biggest pull of the meet, 725. This was a new SLP record, representing the biggest pull in SLP Illinois state history. Andrew Sanders finished second to T. C. with a personal best 630 Andrew actually locked out with 650 but was called for hitching. Andrew has plenty of natural strength and as he continues to work on his form he will be pulling 700 before long! Richard Harris was third with 465, lifting in his first competition. Damon Davis won the 275 title with a solid 600 while Derek Weichert was second with 565/100 and Brian Tribble third with 525. In the man-woman pull it was the husband/wife team of Greg and Buffy Gordon with a state record pull of 1000! In the open 2-man pull at 220 it was the team of T. C. Roesch and Leo Welch locking out 1130 for the win over the father/son team of Terry and Zac Valenti who finished with 900. But the biggest pull of the meet was Mike Irwin and Ron Harlow at 242 as they locked out with 1235, an all-time SLP record! The team championship was shared by Muscle Corporation and Roesch's Gym, both of Springfield. Third place team honors went to The Gladiators from Chicago. I would again like to thanks all who helped make this the most successful state fair ever and a special thanks to T. C. Roesch (for supplying some of the equipment) and Dave Newman for all their efforts in promoting the sport. Each brought about fifteen competitors to the meet, and along with the arduous task of coaching, also lifted, which is a tough thing to do. Our hats are off to both of you. See you all again next year! Dr. Darrell Latch.(thanks to D. Latch for sending results)



Best Deadlifter ***T.C. Roesch*** *with 725! (photos courtesy D. Latch)*

NASA Arizona State
7 Jul 01

Pwrsports
BENCH
127 lb. HS
W. Datilo 72.5
187 lb.
T. Green 102.5
154 lb. M3
M. Stainbrook 80
M5
M. Stainbrook 80
187 lb. M5
C. Folinus 130
154 lb. Nov
M. Stainbrook 80
170 lb.
D. Baligian 135
187 lb.
D. Waldman 150
205 lb.
A. Linde 182.5
280 lb.
D. Bernard 227.5
154 lb. Pure
M. Stainbrook 80
205 lb.
A. Linde 102.5
227 lb. SM2
J. Drane 155
280 lb.
D. Bernardi 227.5
CURL
154 lb. M3
M. Stainbrook 30
M5
M. Stainbrook 30
187 lb.
C. Folinus 62.5
205 lb.
C. Williams 55
227 lb. SM2
J. Drane 224
DEADLIFT
187 lb. M2
R. Banzhof 242.5
M5
C. Folinus 210
Nov
D. Waldman 205
227 lb. SM2
J. Drane 235
187 lb. M5
C. Folinus 402.5
227 lb. SM1
J. Alison 565
SM2
J. Drane 460
SQUAT
205 lb. M1
Pwrlifting SQ BP DL TOT
205 lb. HS
R. Rice 92.5 92.5 195 360
SHW Int
J. Anderson 227.5 185 265 677.5

H. Boon 102.5
187 lb. Nov
J. Timm 165
205 lb.
C. Collett 215
WOMEN
101 lb. HS
A. Tanner 130
127 lb.
L. Tanner 212.5
BENCH
154 lb. HS
D. Chacon 95
187 lb. Int
C. English 180
205 lb. Jr
P. Gen ~~112.5~~
187 lb. M1
P. Kosmicki 137.5
205 lb.
G. Schuster 155
227 lb.
H. Green 192.5
315 lb.
T. Manno 275
205 lb.
C. Williams 125
227 lb.
H. Green 192.5
315 lb.
T. Manno 275
205 lb. Nat
S. Kirkpatrick 150
315 lb.
T.7 Manno 275
187 lb. Nov
C. English 180
205 lb. Nov
R. Tumor 200
S. Kirkpatrick 150
Pure
S. Kirkpatrick 150
Pure
P. Glen —
315 lb.
T. Manno 275
187 lb. SM1
K. Cunningham 160
205 lb.
R. Turner 200
315 lb.
D. Kravoletz 192.5
SM2
R. Valenzuela 215
205 lb. Teen
S. Kirkpatrick 150
101 lb.
A. Tanner 35

227 lb. Jr
R. Hudson 250 145 240 635
154 lb. M1
A. Martinez 165 137.5 232.5 535
187 lb.
W. Sword 227.5 147.5 215 590
W. Kindred 195 147.5 242.5 585
205 lb.
G. Schuster ~~205~~ 155 — ~~50~~
227 lb.
J. Sullivan 242.5 152.5 257.5 652.5
154 lb. M3
L. Janhunen 120 82.5 182.5 385
170 lb.
J. Gainey 147.5 70 175 392.5
M5
J. Gainey 147.5 70 175 392.5
205 lb.
C. Wiliams 165 125 192.5 482.5
G. Schuster ~~205~~ 155 — ~~50~~
170 lb. Nat
M. Lechugo 242.5 127.5 242.5 612.5
315 lb.
J. Kenn 282.5 175 257.5 715

170 lb. Nov
M. Lechuga 242.5 127.5 242.5 612.5
205 lb.
R. Turner 240 200 220 660
250 lb.
K. Rice 145 90 220 456
170 lb. Pure
M. Lechuga 242.5 127.5 242.5 612.5
R. Turner 240 200 220 660
227 lb.
D. Wade 272.5 177.5 265 715
250 lb.
K. Rice 145 90 220 455
138 lb. SM1
S. Goldberg 115 80 147.5 342.5
S. Goldberg 115 80 147.5 342.5
170 lb.
M. Lechuga 242.5 127.5 242.5 612.5
187 lb.
K. Cunningham 217.5 160 182.5 560
205 lb.
R. Turner 240 200 220 660
227 lb.
T. Burke 295 172.5 300 767.5

250 lb.
P. Holloway 287.5 230 322.5 840
205 lb. SM2
Jon Wiseman 267.5 160 252.5 690
227 lb.
Dan Wade 272.5 177.5 265 715
315 lb.
R. Valenzuela 265 215 245 725
205 lb. Teen
R. Rice 92.5 92.5 195 380
WOMEN
154 lb. Ant.
D. Manno 115 62.5 110 267.5
Pure
D. Manno 115 62.5 110 287.5
SM2
D. Marno 115 62.5 110 287.5
170 lb. Teen
R. Fizer 125 65 135 325
(Thanks to Mike Adelmann for these results).

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Last Name	First Name	Initial	Renewal Y N	Current Card # (If Renewal)
Street Address				Club Name
City	State	Zip		Area Code/Telephone
Current USPF Classification: Elite Master I II III IV	Referee Status: IPF Cat 1 Cat 2 Nat State	Current High School Y N	Special Olympian Y N	Inmate Y N
Current Collegiate Y N	US Citizen Y N	Date of Birth / /	Sex M F	Today's Date / /	Card Issued By

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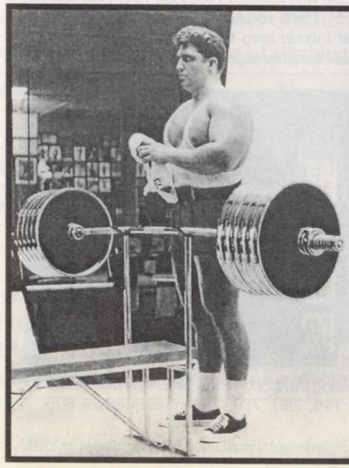

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8 Sept 01 - Pennsville, NJ

Under 165 lbs.

Lifter-Weight	1st	2nd	3rd	4th
D. Sheppard-130	150	185	205	220
R. Orbin-145	210	220	245x	245x
J. Juliano-150	185	195	205	215
T. Ball-9-86	45	50	55	60x
Under 185 lbs.				
C. Vitale-175	185	200	220	230
Davenport-184	130	140	160	185x
185 & Over				
Stevenson-217	480	500x	500x	–
Meadows-200	315	350	370	–
A. Jackson-226	275	290	305x	305x
S. Patton-205	135	155	170	200x
Masters Over 40				
G. Meadows				
M. Boyd-257	315	340	365	380
Open				
C. Stevenson**				
G. Meadows**				
S. Wright-175	295	305	315	325
M. Boyd**				
D. Sheppard**				

x–Missed Attempt. **–Results Already Listed. The 25th Anniversary Cromer Classic Bench Press competition was held as part of the the Annual Septemberfest in Pennsville, New Jersey, on Saturday, September 8, 2001. Special thanks to Simmie M. Cromer, Founder of the Cromer Classic, Frank "Boo" Wright, Judge and Co-Coordinator, Simmie W. Cromer, Judge, Nathan Ball, Head Judge, Claudette Pritt - Kimberly Ball, scorekeepers, Hampton Inn of Pennsville for their sponsor and MOST of all our Lord and Savior, Jesus Christ. (Thanks to Nathan Ball for providing the meet results)

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* extra reinforced construction
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* new arm lock design
* more tricep support
* extra reinforced construction
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chest _____ arm _____

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2 Jun 01 - Fredericksburg, VA

Open
181 lb.
D. Jeter 305
G. Ferrell 450
198 lb.
L. Persinger 365
242 lb.
G. Bunch 390
275+ lb.
D. Pullen 455
MEN
Raw 181 lb.
J. Powell 315
220 lb.
M. Canaday 355
H. Balsley 280
242 lb.
M. Tingler 415
R. Thomas 385
M. Moats 355
275+ lb.
C. Handler 490
R. Goodrick 185
WOMEN
Raw 275+ lb.
L. Ellis 185
165+ lb.
E. Nichols 200
C. Plant 145
MEN
Police/Fire
165 lb.
T. Flaherty 230
220 lb.
S. Jenkins 345
E. Hall 330
M. Balsley 280
242 lb.
G. Bunch 390
G. Busic 335
275 lb.
P. Elias 400
WOMEN
Police/Fire
148 lb.
T. Brook 90
165 lb.
C. Plant 145
Submasters (33-39)
198 lb.
G. Ferrell 450
B. Short 325
220 lb.
D. Pullen 455
M. Comstock 365
165 lb.
T. Comfort 245
275 lb.
R. Goodrick 405
Master(40-49)
148 lb.
S. Zerbe 315
242 lb.
G. Bunch 390
(50-59) 181 lb.
J. Powell 315
220 lb.
N. Nichols 315
WOMEN
B. Short

Master(40-49)
148 lb.
K. Csemez 120
(50-59)
165+ lb.
E. Nichols 200
(60+)
125 lb.
B. Holcombe 90
198 lb.
J. Williams 85
MEN
Teen 198 lb.
N. Gorman 350
J. Ferrick 225
220 lb.
C. Corbin 340
242 lb.
M. Tingler 415
275+ lb.
A. Moats 260
WOMEN
Teen 220 lb.
M. Tingler 188
Spec. Olympics
220 lb.
M. Canaday 355
TEAMS
Backyard Benchr35
Open/Submaster
G. Ferrell
Open
D. Jeter
Raw/Master
J. Powell
Open/Submaster
D. Pullen
Master
S. Zerbe
Nickel Gym 35
Raw
L. Ellis
Women/Master
E. Nichols
Teen
M. Tingler
Teen/Raw
M. Tingler
Master
J. Williams
Vienna Police 34
Police/Fire
T. Brook
Police/Fire
Open/Master
G. Bunch
Police/Fire
P. Elias
T. Flaherty
E. Hall
Fitness Zone 33
Police/Fire/Raw
G. Busic
Submaster
M. Comstock
R. Goodrick
Police/Fire
S. Jenkins
Submaster
B. Short

Team scores are calculated from the single highest score for each individual team member. 1st place=7 points; 2nd place=6; 3rd place=5. (Results provided by the Fitness Zone).

USAPL Teen Junior Nationals
23,24 Jun 01 - Chicago, IL

(14-15)	SQ	BP	DL	TOT
52 kgs.				
J. Meyer	137.5	70	152.5	360
D. Karras	115	70ta	130	315
J. Keeler	107.5	45	142.5	295
56 Kgs.				
V. Niedoliwka	172.5n	100	180a	452.5a
D. Lepert	125	77.5	152.5	355
J. Stout	107.5	70	145	322.5
60 kgs.				
J. Ragusa	132.5	70	175	377.5
T. Kibler	142.5	60	167.5	370
M. Haffenbrak	120	65	135	320
67.5 kgs.				
J. Huczko	182.5n	105	212.5n	500an
J. Jacobs	142.5	80	165	387.5
J. Norwood	135	100	142.5	377.5
75 kgs.				
A. James	145	92.5	167.5	405
82.5 Kgs.				
N. Gentges	165	122.5	192.5	480
90 kgs.				
J. Heit	180	102.5	217.5	500
B. Clark	167.5	105	195	467.5
J. Eberenz	172.5	107.5	187.5	467.5
100 kgs.				
C. Rallis	187.5	115	242.5a	545
J. Cunningham	205	140	200	545
125 kgs.				
N. Bagley	227.5	130	165	522.5
UNL				
J. Newsome	245a	117.5	237.5	600n
(16-17) 52 kgs.				
M. Hafenbrak	147.5	75	157.5	390
D. Dewaters	140	80	132.5	352.5
N. Trzaskas	125	67.5	135	327.5
56 kgs.				
R. Bowman	140	90	160	390
T. Hilton	115	87.5	167.5	370
R. Hernandez	120	75	145	340
C. Warmke	—	—	—	—
60 kgs.				
R. Smith	142.5	90	170	392.5
67.5 kgs.				
N. Pinkerman	167.5	117.5	202.5	487.5
R. Nagele	180	95	200	475
D. Bruckman	152.5	105	185	442.5
B. Dedas	162.5	95	180	437.5
75 kgs.				
R. Meninga	177.5	107.5	215	500
R. Burns	172.5	110	212.5	495
C. Thurman	172.5	105	192.5	470
L. Saunders	155	107.5	205	467.5
J. Imparato	155	105	205	465
T. Scarl	160	—	—	—
82.5 kgs.				
N. Luiz	212.5	120	227.5	560
R. Summers	180	120	222.5	522.5
B. Holt	192.5	107.5	220	520
R. Mcmanigal	177.5	125	215	517.5
100 kgs.				
D. Traub	230	120	262.5	612.5
A. Tyce	205	135	230	590
J. Fliehs	192.5	155	215	562.5
M. Mcfarline	205	117.5	230	552.5
J. Montaya	82.5	160	185	527.5
UNL				
C. Bischof	242.5	152.5	187.5	582.5
(18-19) 56 kgs.				
A. Baumann	—	—	—	—
67.5 kgs.				
D. Kibler	222.5	120	220	562.5
O. Rogel	212.5	137.5	200	550
C. Edwards	190	115	195	500
R. Accardi	147.5	100	180	427.5
75 kgs.				
W. Redmon	160	125	247.5	532.5
J. Daviera	192.5	147.5	192.5	532.5
D. Blackford				
92.5 kgs.				
C. Madras	212.5	127.5	212.5	552.5
J. Hartman	202.5	135	215	552.5
90 kgs.				
W. Literal	240	137.5	250	627.5
S. Davies	205	152.5	207.5	565
100 kgs.				
J. Theorell	280	175	250	705
M. Cook	217.5	182.5	235	635
110 kgs.				
E. Wendel	157.5	167.5	302.5	727.5
J. Ennott	272.5	145	240	657.5
J. Hisaw	227.5	157.5	205	590
125 kgs.				
B. Gercone	235	160	245	640
T. Nelson	262.5	130	205	597.5
UNL				
C. Walker	255	172.5	260n	687.5
Junior 56 Kgs.				
M. Kiletico	172.5	105	205	482.5
67.5 kgs.				
C. Grubbs	220	127.5	255	602.5
T. Straub	200	145	215	560
J. Dixon	185	117.5	207.5	510
82.5 kgs.				
B. Robbins	277.5	162.5	262.5	702.1
N. Divine	282.5a	167.5	252.5	702.5
J. Decker	255	160	282.5a	697.5
D. Fletcher	217.5	155	262.5	635
A. Halko	210	165	252.5	627.5
A. Soloman	202.5	175	227.5	605
E. Wagner	207.5	157.5	227.5	592.5
S. Ritucci	210	150	232.5	592.5
J. Bainbridge	182.5	125	215	522.5
D. Petrillo				
90 kgs.				
N. Tylutki	297.5a	160	297.5	755
M. Goldin	262.5	175	287.5	725
100 kgs.				
F. Ducille	257.5	160	277.5	695
A. Schaeuble	242.5	160	277.5	680
C. Emnott	250	147.5	265	662.5
M. Bugbee	245	165	250	660
110 kgs.				
T. Arterburn	280	227.5	287.5	795
E. Steiner	312.5	185	295	792.5
S. Newark	302.5	220	255	777.5
C. Kaharch	272.5	197.5	287.5	757.5
J. Townsend	267.5	192.5	255	715
A. Plagens	210	132.5	250	592.5
125 kgs.				
E. Saldiera	322.5	177.5	282.5	282.5
UNL				
B. Siders	360	272.5a	332.5	965n
J. Clark	325	240	295	860

Best Lifters (14-15): Vincent Niedolinka, Jonathan Huczko, Jeremy Meyer. (16-17): Nathan Pinkerman, Nickolas Luiz, Michael Hafenbrak. (18-19): Edward Wendel, Jeffrey Theorell, David Kibler. (Junior): Brian Siders, Brad Robbins, Nick Tylutki. Teams: Plainwell, St. Xavier, Indiana. (results courtesy of USAPL)

Eastern USA Bench
16 Jun 01 - Charlottesville, VA

Open
132 lbs.
A. Lovell 305
J. Craig 255
148 lbs. (14-15)
J. Dunbar 215
(20-23)
B. Obier 225
FEMALE
165 lbs.
T. Brooks 90
Police
T. Flaeerty 215
(16-17)
N. Greenwood 115
181 lbs. (45-49)
M. Baker 315
J. Alston 275
(40-44)
K. Nienke 365
198 lbs.
Police
D. Watson 405
M. Wulianis 335
Open
T. Brown 470
(35-39)
B. Mears 360
(45-49)
D. Watson 405
J. Hannah 240
220 lbs. Open
(35-39)
J. Christlan 425
(50-54)
J. Smith 360
(55-59)
K. Christian 390
242 lbs.
College
K. Kenyon 495
Open
G. Maddox 405
275 lbs.
Police
P. Elias 380
Police (60-640
R. Scott 360
(60-64)
R. Ewers 350

(Thanks to Paul Sutphin for providing results)

Championnat Nord-Est Candien
18 Jul 01 - Quebec, CAN

BENCH
MEN
165 lbs.
M40-49
C. Dallaire-41 320
4th 332
T13-19
J. Laurin-15 195
Junior
220 lbs.
A. Pelletier-21 380
sub 220 lbs.
J. St.Pierre-33 455
M50-59
G. Dube-51 350
Open 242 lbs.
Plamondon-33 385
Push/Pull
M40-49 165 lbs.
C. Dallaire-41 320 640 960
4th 332.5
T13-19 181 lbs.
J. Laurin-15 195 390 585
4th 210 395
Open 181 lbs.
J. Lamonica 245 465 700
Sub 181 lbs.
J. Lamonica-35 245 465 700
Open 198 lbs.
S. Ross 290 500 790
Sub 198 lbs.
S. Ross-36 290 500 790
Junior 220 lbs.
A. Pelletier 380 500 880
4th 400
M40-49 242 lbs.
M. Lehoux-46 325 550 875

Sub 242 lbs.
Plamondon-33 360
M40-49 242 lbs.
M. Lehoux-46 325
DEADLIFT
M40-49 165 lbs.
C. Dallaire-41 640
T13-19
J. Laurin-15 390
4th 395
Junior
A. Pelletier-21 500
Open 242 lbs.
Plamondon-33 430
Sub 242 lbs.
Plamondon-33 430
M. Lehoux-46 550

BP DL TOT

Head Referee: Denis Chasse. Side Referee: Kim St. Laurent, & Marcel St. Laurent. Statistician: Diane Roy. Best Lifter men Bench Press: Jacky St. Pierre. Best Lifter men Deadlift: Claude Dallaire. Best Lifter men Push/Pull: Claude Dallaire. (results courtesy Marcel St. Laurent)

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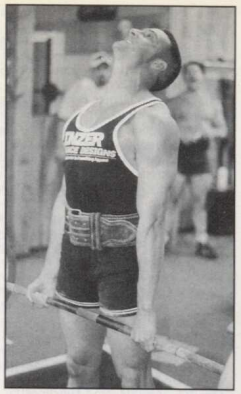
8,000 Lbs. OF FREEWEIGHT
1 HYDRALIC FLAT
BENCH

3 OKIE DL BARS
OKIE SQUAT BAR
1 SUTHERLAND BAR
1 LEISTNER BAR
1 TEXAS POWER BAR
12/ 1,500 LB. BARS
3/2,000 LB BARS
1APPOLONS AXLE
SURPA RACKS
2 CREPINSEK SQUAT BARS
1 CAMBERED BENCH BAR
3 FULL SETS OF BANDS
DEADLIFT PLATFORM

POWERLIFTERS WELCOME



THE OUTSTANDING LIFTER in the lightweight division at the Tri-State Regional was won by Aaron Wilson, who was perfect in deadlifts including this 460-pound effort. (photograph courtesy Smitty)

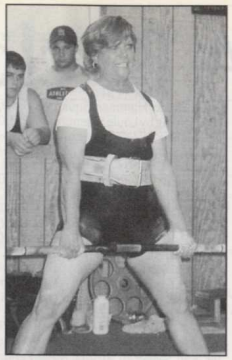
Nasa Tri-State Championships
21 Jul 01 - Flora, IL

PWRSPORTS 1st 2nd 3rd
SQUAT
119 lb. High School
M. Gill 135*! 155*!
170.8 lb. High School
A. Rudy 125 145 155
227 lb. Novice
J. Anderson 475 500 —
250 lb. High School
D. Riley 350*! 365*! —
CURLS
154 lb. Sub-Masters
J. Flexter 35 40 50
250
B. Kramer 165 180
BENCH
Masters Pure 170 lb.
R. Corey 250 272 280
Masters Pure 227 lb.
D. Wilson 275 325 335
4th 355*
Masters-2 170 lb.
R. Corey 250 272 280
Masters-2 187 lb.
J. Wood 400 415 430
Masters-2 227 lb.
D. Wilson 275 325 335
Masters 1250.2
M. Aydt 390 415 425
4th 435*
Intermediate 205 lb.
C. Foerg 280 290 290
Intermediate 250 lb.
B. Kramer 335 360 390

POWER SPORTS
WOMEN CR BP DL TOT
138.8 lb. Intermediate
E. Maxwell 65* 105 255 425*
170.8 lb. High School
A. Rudy 45* 105* 230 380*
SHW Masters
D. Scott 35 75 160 270
MEN
119 lb. High School
M. Gill 65 95! 185 345
154 lb. Masters
J. Thorman 50 105 230 385
227 lb. Novice
J. Anderson 145 300 500 945
227 lb. High School
N. Steber 135*! 300*! 450! 885*!
250 lb. High School
D. Riley 125 220 410 755

POWERLIFTING
WOMEN SQ BP DL TOT
127 lb. Teen
A. Smith 165 85 255* 505
154 lb. Masters-1
D. Withington 160 150 245 555
154 lb. Masters-2
P. Davis 250* 175 275 700
MEN
70 lb. Youth
A. Conley 60 37 105 202
119 lb. High School
M. Gill 155 125 185 465
170.8 lb. High School
B. Harrison 320 220 420 960
170.8 lb. Pure
A. Wilson 300 260 460 1020
227 lb. Pure
T. Lowder 530 325 530 1385
170.8 lb. Junior
A. Wilson 300 260 460 1020
205 lb. Junior
C. Stafford 315 225 425 965
227 lb. Intermediate
M. Dahm 700 330 575 1605
205 Pure Novice
B. Carey 555 390 575 1520
205 Sub-Masters-2
B. Carey 555 390 575 1520
250 Sub-Masters-2
J. Withington 435 320 500 11275
280 Masters 1
R. Trotter 600 350 500 1450

*=State Record. !=American Record. The annual fund raiser for the Flora High School cheerleaders took a little bit of a backward step this year with the normal number of 40 dropping to fewer than 30. But, in powerlifting the only number really important is total and the total success of the meet was assured by some outstanding lifters. Needless to say, the majority of the lifters were from Illinois, but two made the trip from Ohio, three from Missouri and several from Indiana with the Ewoldsen bothers (Kevin from Iowa and Mike from Kansas rolling into Flora to spot and load. But, it was the one lifter who made the 10-hour trek from Oklahoma City, OK., who put on the day's most impressive show. Bill Carey had planned on lifting in another meet, but it was cancelled because of a low turnout. He switched his training to peak for Flora and hit it right on the mark. Carey not only posted the day's second heaviest total of 1520, but did so with picture perfect attempts on every lift, going a strong nine-for- nine and earning the meet's Overall Outstanding Lifter shirt. The meet's heaviest total was turned in by 226 pound Matt Dahm, who brought the crowd to its feet with a 700 pound squat. He also missed, then made a 575-pound deadlift on his way to a 1605 total and the right to claim the Men's Heavyweight Outstanding Lifter shirt. The final Outstanding Men's Lifter shirt went to 163 pound Aaron Wilson. Aaron got off to a shaky start by missing his opening squat, but came back to hit lifts of 275 and 300 pounds. Aaron pushed up two strong bench press efforts before closing out the day with a perfect showing in deadlifts and a 1020 total. Aaron just edged out Olney's Bo Harrison for the Outstanding Lightweight Lifter shirt. That wasn't the case for the women, where 52-year old Pam Davis turned in the women's heaviest squat, bench and deadlift on the way to a 700-pound total and earning the Women's Outstanding Lifter shirt. Centralia, IL, residents Jerry Wood and Mark Aydt picked up the two Outstanding Lifter shirts in the bench press. The ageless Wood pushing up an easy 415 to take the 187 class and blow away the Men's Lightweight division, while Aydt dominating the heavyweight division with a lift of 425 pounds. The final Outstanding Lifter shirt for the meet was in Power Sports where Jon Anderson not only won his division but ran away with the award by posting a 945 pound total in curls, bench and deadlift. Jon also participated in squats, hitting a raw quarter ton effort. (Thanks to Smitty for the meet results).



PAM DAVIS FELT she had an off day at last year's Tri-State Regiona, so this year she came back to pace the women's side with the day's heaviest squat, bench and this 275-pound deadlift for a 700 pound total. (Smitty)

USAPL Coyotte Clash
22 Apr 01 - Chamber, NE

DEADLIFT
Master 275 lbs.
K. Fulton-41 550
Open
K. Fulton-41 550

BENCH
R. Worden 290
Raw
R. Worden 290
Teen 181 lbs.
M. Strong-16 280

MEN SQ BP DL TOT
Power Master 198 lbs.
H. Huffman 390 295 470 1155
Open 275+ lbs.
J. Kuidera-30 475 335 415 1225
Teen 275 lbs.
B. Fulton-15 235 240 350 825
198 lbs.
J. Miller-17 275 200 325 800
165 lbs.
C. Howard-18 335 200 400 935
J. Owens-18 305 190 330 825
132 lbs.
Hafenbrack-14 265 135 310 710
123 lbs.
Hafenbrack-16 335 160 355 850
FEMALE
Power 132 lbs. Open
L. Hartman-14 205 100 245 550
Teen 165 lbs.
J. Goodner-15 165 190 210 465
148 lbs.
M. Deaver-17 230 90 305 625
132 lbs.
L. Hartman-14 205 100 245 550
105 lbs.
K. Holeman-14 175 70 195 440
IRONMAN BP DL TOT
Teen 132 lbs.
M. Hafenbrack-14 135 310 445
M. Hafenbrack-16 160 355 515

Meet Director: James C. Hart. (courtesy USAPL)

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Street Address/P. O. Box		
City	State	ZIP
Telephone Number / Date of Birth	Age	Sex
Social Security Number	Occupation	Date of Application

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PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s
Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.
Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s
Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s
Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo
Apr/97... Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, *NEW* Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s
Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.
Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
Dec/98 ... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU / AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Mar/99 ... L.A. Lifting Club, Doyle Kenady Tribute, Stretching Your Limits, Visitors to Westside, Tiny Meeker, Women, Masters, Teenage TOP 20 lists, Partials
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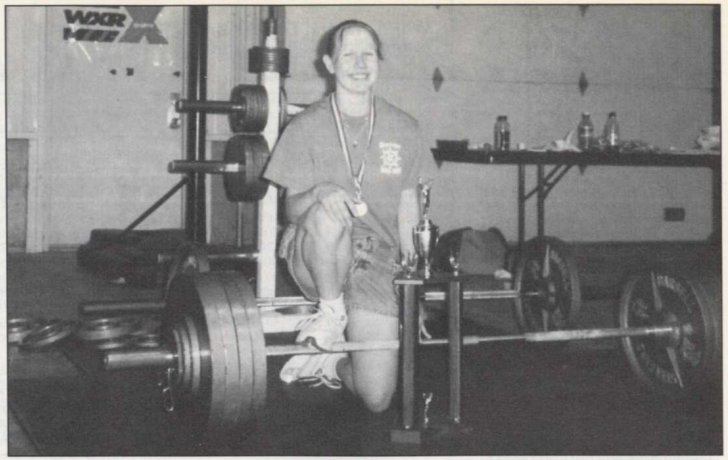
Rhinos Fitness Center Meet
11 Aug 01 - Roscoe, IN

Lifter-bodywt.	CR	BP	DL	TOT
E. Grace-112	50	70	135	245
A. Schaefer-118	55	90	190	335
A. Simms-120	60	90	185	335
Duncan, Jr.-132	80	90	225	395
J. Simms-146	80	120	300	500
R. Lee-152	80	120	135	335
M. Judson-170	145	270	440	855
D. Duncan-176	95	120	300	515
J. Bystrom-178	115	210	340	665
M. Schaefer-243	125	190	400	715
B. Ahlberg-254	135	290	275	700
J. Lowery-291	130	220	300	650
A. Reardon-315	130	220	310	660
C. Morelock-225+	—	285	—	285



Trail's End Team Member Elicia Grace at the Rhino's Fitness Center Meet. (photo by Richard L. Lee Sr.

Rhinos Fitness Center in Roscoe, Illinois sponsored its first weightlifting competition. A big thanks goes to Bill Johnson who sponsored the meet. An additional thanks goes to Rich and Ruth Lee who judged the meet and made things run so smoothly, and Elicia Grace who kept score and announced the order of the lifters. Fourteen athletes competed for first place medals and personal records. Many of the competitors were first time lifters, including Elicia Grace the only female lifter. Two teams competed, Trails End and In The Beginning. First place Trails End team included: Andrew Schaefer-received 1st place in the 119 weight class-curled 55lbs, benched 90lbs, and deadlifted 190 lbs.; Andrew Simm - received 1st place in the 127 weight class- curled 60 lbs., benched 90 lbs., and deadlifted 185 lbs.; David Duncan, Jr. received 1st place in the 138 weight class - curled 80 lbs., benched 90 lbs., and deadlifted 225 lbs.; Jacob Simm - received 1st place in the 154 weight class - curled 80 lbs., benched 120 lbs., and deadlifted 300 lbs.; Rich Lee the Trails End Coachreceived 2nd place in the 154 weight class-curled 80 lbs., benched 120 lbs., and deadlifted 135 lbs.; Mark Judson received 1st in the 170 weight class - curled 145 lbs., but tried a fourth attempt at 170 lbs. and curled bodyweight, benched 270 lbs., and deadlifted 440 lbs.; Jared Bystrom - received 1st place in the 187 weight class - curled 115 lbs., benched 210 lbs., and deadlifted 340 lbs.; David Duncan-received 2nd place in the 187 pound weight class - curled 95 lbs., scratched out of the bench, but was able to bench 120 pounds, not for score though, and deadlifted 300 pounds; Mark Schaefer-received 1st place in the 250 weight class curled 125 lbs., benched 190 lbs., and deadlifted his all time best of 400 lbs. Second place In The Beginning team members included: Bob Ahlber - who received 1st place in the 280 pound weight class-curled 135 lbs., benched 290 lbs., and deadlifted 275 lbs.; Adam Reardon - received 1st place in the 315 pound weight class curled 130 pounds, benched 220 pounds., and deadlifted 310 pounds; Jeff Lowery received 2nd place in the 315 weight class, curled 130 pounds, benched 220pounds, and deadlifted 300 pounds; It was a close race to see who would receive 1st place in the 315 weight pound weight class, but Adam Reardon won it with his deadlift by beating Jeff Lowery by ten pounds. Other competitors included Chad Morelock who only competed in the Bench Press and benched 285 lbs. Elicia Grace, a first time lifter who entered the competition at the last minute, did outstanding. She competed in the 119 weight class and won 2 nd place. Elicia curled 40 lbs., benched 70 lbs., and deadlifted 135lbs. This was her first time deadlifting ever. All the competitors did outstanding and everyone had a good time competing. (Thanks to Richard Lee Sr. for profiding these meet results to *PL USA*)

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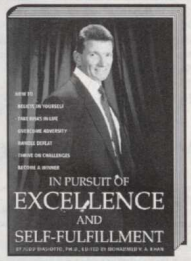

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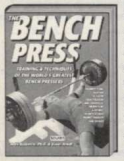

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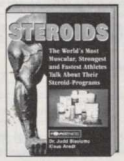

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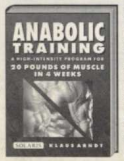

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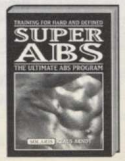

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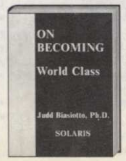

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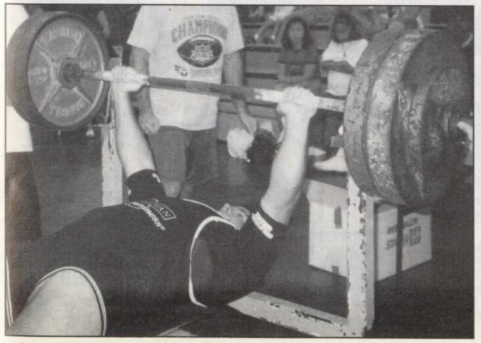
2-man deadlift / 220 / Ricky Fowler/Eddie Akins 800*, 2-man deadlift / 308 / Larry Forsythe/Stan Faust 1205. *Best Deadlifter - WILLIAM FOSTER *Son Light Power Tennessee state record*Son Light Power. The Tennessee State Fair Bench Press/Deadlift Championships were held at the Sports Arena on the fairgrounds September 8, 2001. Many thanks to Special Events for all the work they did to help make this another successful event. In the bench press competition lone teenager Chris Buck posted a new pr of 200 with his win at 16-17/148. This was Chris's second competition. In the junior division Earnest James Murray II captured the title at 132 with 270, a new personal best for him also. At junior 308 Todd McGinnis won with a big 440, just missing a 470 pr fourth attemp. Jack Brown, taking the submaster 181 title, was only able to get his opener of 380 in, missing 405 and 410 for his remaining attempts. Robert Gray took the submaster 220 class with 335 after missing his final attempt with 350. Tracy Van Hoorne pr'd his final attempt with 425 as he captured the submaster title at 275. R. D. Lunsford won his first title at master 40-44/308 with a solid 440 opener. Two other attempts at 480 failed at lockout. Eddie Akins won at master 45-49/242, finishing with 400. Bruce Beerman took the 50-54/220 title with 340, just missing a 365 pr final attempt. Allen Buck got a personal best in the master 55-59/220 class with a strong 215 second attempt. In the police & fire division we had two fine lifters, Randy Ellis and R. D. Lunsford. Randy won at 220 with a strong 455 as R. D. finished with 440 at 275. In the open division best lightweight lifter William Foster finished with 410 as he took the 181 class with ease. Second place at 181 went to Greg Baltimore who finished with a personal best 320. Billy Papish also got a new pr with his win at 198, making 375 on his final attempt. Randy Ellis won his second title of the day with his win at 220, finishing with 455. Robert Gray was second with 335. Paul Rankin almost backed out of the competition, having problems warming up, but came back strong to finish with 500 for the win at 242. Jason Crader -finished second to Paul making just his opener of 380. At 275 we had three great lifters, all of which posted new personal marks. Joshua Byford won the class with his first official 500, which came on his second attempt. A third with 525 was also successful and Jason even came close with 540. John Maggert came in second with his first 500. In third place was "fat" Joe Carter who finished with 440. Another lifter who had a great day was 275 winner Greg Hicks. Greg pr'd his opener of 480, then was successful with 5 1 0 for his second before failing on his third with 520. R. D. Lunsford was second with 440 while Steve Branham failed with his opener of 535. The biggest lift of the day came from shw winner Tony Hutson. Tony settled with a strong pr 570 after coming oh, so close with 600. Weighing in at 340, Tony's 570 still gave him what it took for best lifter honors in the heavier classes. In the deadlift competition Earnest James Murray II won his second title of the day at junior 132 with a clean 325 pull. At junior 181 it was Richie Calton for the win, finishing with a personal best 500 at a 178 bwt. Mark Phillips only got his opener of 575 in when he injured his knee on his second attempt, but still took the submaster 275 class. Ricky Fowler won at 45-49/148 with 415 just missing his third with a personal best 430. Also at 45-49 was 181 winner Nathan Wilson. Nathan pulled a great 515 final attempt, weighing in at just 172. Our final competitor in the master 45-49 division was 242 class winner Eddie Akins. Eddie finished the day with 460, passing on his third attempt. In the master 50-54 division 220 winner Bruce Beerman pulled a great 460 for the win. He then followed that with a personal record fourth attempt of 475. At 55-59 Allen Buck took the 220 class with this 340 third attempt, pulling three pr's on the day. Coming down from Illinois was master 60-64/181 winner John Bressner. Two weeks prior John had competed at the Illinois state fair where he established the SLP Illinois state record. Here he did the same, even surpassing his own personal record with a great 430 pull. In the open division William Foster pulled a big pr 590 for his second win at 181 on the day. Weighing in at 177 William also won best lifter honors for the competition. Anthony Allen got a new pr with his win at 198, finishing with 550. Second place went to Billy Papish who pulled his first 500. Ryan Brown got a big 660 at 220 for the win there. This was also a new personal record for Ryan. Second place at 220 went to Gary Shackelford, whose 540 was also a new personal best. Steven Caviness failed with his opener then pulled his right bicep on his second and was forced to quit. Here's hoping Steven has a complete recovery. The big pull of the day came from Joe Carter, winner of the 275 class, who finished with a new personal best of 680. Second place went to Stan Faust with 580 while Mark Phillips settled with for third with 575. Greg Hicks pulled two pr's at 308, a third with 630 and a fourth attemp at 650 for the win there. Tony Hutson failed to get his opener of 650 then passed on his last two attempts to take Steven to the hospital. In the two man pull at 220 the team of Ricky Fowler and Eddie Akins finished with 800 while Larry Forsythe and Stan Faust pulled 1205 at 308. Since this is our first sanctioned meet in Tennessee it is important to note that all of the winners in both the bench and the deadlift competition established new state records. Congratulations to the winners! Thanks to Dwight Hooper and Troy Hicks for acting as side judges and to my son Joey for loading and spotting. See you all next year. Dr. Darrell Latch. (thanks to Dr. Darrell Latch for submitting the meet results to *Powerlifting USA*)

Stan Faust & Larry Forsythe (l-r) pull 1205 at the Tennessee State Fair



John Maggert with a PR 500 lb. bench at 275. (photos by Dr. Latch)

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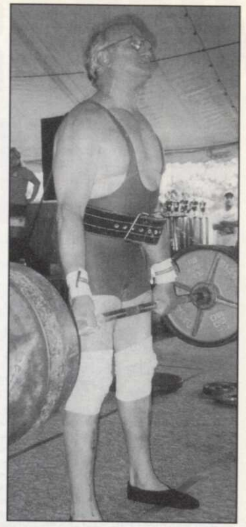
SLP Missouri State Fair BP/DL
12 AUG 01 - Sedalia, MO

BENCH PRESS
teenage women 16-17
132
J. Newland 120*
junior women
148
Sarah Davis 115*
submaster women
181
Cyndi Crossland 300*
teenage men 13-15
148
Andrew Wood 175*
181
Nathan Gentges 290*
teenage men 16-17
132
Bret Arney 195*
181
Chris Holloway 300*
teenage rnen 18-19
148
P. Snodgrass 170*
165
Mike Schmidt 320*
181
Jared Jennings 255*
junior men
148
Ryan Snelling 345*
Jesse Barr 260
181
Brian Kleffner 340*
Brian Beanland 320
220
David Dougan 335*
242
Chris LaStrada 360*
submaster men
181
Bruce Stevens 390*
198
W. Holloway 330*
275
Stewart Venable 460*
master men 40-44
165
Tim Fletcher 305*
John Kesler 285
181
Curtis Evans 310*
198
Gene Baur 320*
220
Jim Braithwait 375*
Terry King 345
master men 45-49
181
Floyd Ouderkirk 260*
master men 50-54
165
Matt Miller 240*
242
Jim Bridges 380*
Thomas Roberts 290
master men 55-59
220
Jim Parham 350*
4th 360*
master men 65-69
198
Kenneth DeBoer 175*
220
Paul JJungmeyer 165*
master men 70-74
220
Lyndle Taylor 270*
police&fire
submaster
275
Brian Holmes 435*
police&fire
181
Dan Bequette 350*
275
Jeff George 350*
open men
165
John Kesler 285*
Adam Beanland 275
181
Bobby Beanland 365*
198
Marvin Evans 430*
220
Keith Parrish 485*
242
Darren Smith 400
275
Jim King 500*
M. Lincoln, Jr. 455
275
Mark Austin 440
308
Cash Bliss 360*
shw
Chris Cantwell 530*
DEADLIFT
Teenage men 13-15
181
Nathan Gentges 450*
teenage men 16-17
132
Brett Arney 370*
165
Bruce Sadler 470*
junior men
148
Ryan Snelling 560*
4th 580*
submaster men
220
Mark Brown 480*
4th 500*
275
Stewart Venable 650*
master men 40-44
275
Sami Philpot 650*
master men 50-54
242
Thomas Roberts 570*
Jim Bridges 400
master men 60-64
198
Tom Barth 440*
master men 70-74
220
Lyndle Taylor 465*
4th 475*
police & fire
275
Jeff George 500*
4th 550*
open men
181
Brandon Doster 580*
4th 600*
198
James Muin 460*
275
M. Lincoln, Jr. 430*
2-man deadlift
181
Evans/Stevens 825*
275
Ferri/Rohr 1220*
George/Philpot 1010

*Son Light Power Missouri state record. Best Lifter - Bench Press - lightweight - RYAN SNELLING. Best Lifter - Bench Press - heavyweight - KEITH PARRISH. Best Lifter - Deadlift - lightweight - RYAN SNELLING. Best Lifter - Deadlift - heavyweight - SAM PHILPOT. The 2001 SLP Missouri State Fair Bench/Deadlift Championships were once again a huge success with sixty five competitors from Missouri, Arkansas, Oklahoma, Kansas and Illinois. A special thanks to Kimberly Allen and her staff at Special Events for all their help. In the bench press event we began with the women lifters. Jennifer Newland took the teenage 16-17/132 title with ease, making all three of her attempts to finish with a state record 120. Sarah Davis came back with a state record 115 after missing that weight on her second attempt to win the junior l48 title. Cyndi Crossland got a big 300 with ease on her third attempt as she won the submaster 181 class. The crowd cheered her on as she went for a fourth with a personal best 320, but fell short of lockout. Cyndi now holds state records in Kentucky and Illinois as well as Missouri and is definitely one of the best female benchers in the world. In the teenage men's division we had seven great benchers, all setting new SLP Missouri state records for their respective classes. At 13-15 Andrew Wood only got in his opener of 175, missing 185 twice while winning at 148. Also at 13-15 was 181 winner Nathan Gentges. Nathan finished with a personal best 290, just missing 300 for his final attempt. At 16-17/132 was Brett Arney who finished with 195 for the win. Chris Holloway got a big 300 pr at 181 on his final attempt, lifting in that same age group. In the 18-19 division Phillip Snodgrass finished with his opener of 170, taking the l48 title. At 165 it was Mike Schmidt making all three of his attempts to finish with a solid 320 at a 164 bwt! Jared Jennings took the 181 title with his opener of 255 after missing his next two attempts with 295. Ryan Snelling was the big lifter not only in the junior division but also among all of the lighter lifters, capturing best lifter honors as well as the title at 148. Ryan finished with a state record 345, lifting more than fifty pounds over double bodyweight! Jesse Barr was second with 260 which he came back and got on his final attempt. Brian Kleffner finished with a strong 340 second attempt for the win and record at 181 over Brian Beanland, who finished with a solid 320. It was David Dougan at 220 for the win, making all three of his attempts, finishing, with a state record 335. Our final junior competitor was Chris LaStrada who only got in his opener of 360, which was good enough for the win and state record at 242. Bruce Stevens finished with a strong 390 at 181, taking that title in the submaster division and just missing his final attempt with 400. Warren Holloway made all three of his attempts to finish with 330 and the title at 198. Stewart Venable Came from Leavenworth, Kansas to claim the title at 275, making a 460 pr fourth attempt. All three of these submaster lifters set new SLP Missouri state records in their respective classes. In the master men's 40-44 division Tim Fletcher won at 165 with a state record 305 over John Kesler, who finished with his 285 opener. John had moved to 320 for the win on his second attempt but failed twice. Curtis Evans got the win and the record at 181 with his opener of 310 while Gene Bauer did the same at 198 with 320. At 220 it was Jim Braithwait over Terry King 375 to 345. Terry stalled with just his opener while Jim went three for three to set the standard there. Floyd Ouderkirk took the title at 45-49/181 with 260, establishing a new state record there. Matt Miller won at 50-54/165, making all three of his attempts to finish with a state record of 240. At 242 it was Jim Bridges over Tom Roberts. Jim missed a state record 380 on his second attempt before coming back with that weight for his third while Tom got only his first two lifts in. Newcomer Jim Parham came from Oklahoma to capture be 55-59/220 title, going home with a 350 third, followed by a 360 fourth attempt state record. At 65-69 we had two fine lifters, Kenneth DeBoer and Paul Jungmeyer. Kenneth got the win at 198 with 175 while Paul, who was lifting in his first competition, finished with 165. Both were new SLP Missouri state records. Our final master competitor was Lyndle Taylor who set the standard in the 70-74 age group with a strong 270 bench. Not bad for a seventy year old, two hundred pound kid! At police & fire Brian Holmes showed lots of strength with his win in the submaster 275 class. Brian finished with a record setting 435 which he got on his second attempt. Dan Bequette took the police & fire open 181 class with 350, another new state record. Then at 275 it was Jeff George, again with 350 for the record and the win. In the open division John Kesler won at 165 with his 285 record opener over Adam Beanland who also got just his opener of 275 in. Bobby Beanland set the mark at 181 with a strong 365 as did Marvin Evans at 198 with 430. Keith Parrish had some problems with his shirt but still managed to set a record at 220 with his open of 485. At 242 it was Darren Smith with a personal best 400 for the win. Jim King set the record at 275 with a easy 500 for the win. Jim then moved to 560 and a pr 580 record fourth attempt, coming close on both. Martin Lincoln, Jr. was second at 275 with a personal record 455 with Mark Austin third at 440. Mark's 440 was also a new personal mark for him. Cash Bliss took the open 308's with a record setting 360 second attempt and Christian Cantwell got the biggest lift of the day with a 530 state record showing at shw. Keith Parrish won best lifter honors for the heavier classes, making 485 at a 214 bwt. In the deadlift competition Nathan Gentges won his second title of the day at teenage 13-15/181 with a solid pr 450 state record pull. In the 16-17 age division Brett Arney won at 132 with 370 while Bruce Sadler took the 165 class with 470. Both were new state records. Ryan Snelling again ruled the lighter classes with his second win of the day at junior 148. Ryan got all three of his attempts in, finishing with a 560 third and 580 fourth attempt. Both pulls were new prs and state records for Ryan, who won best lifter honors for the second time on this day. Mark Brown got three new prs on the day, finishing with a state record 500 fourth attempt for the win at submaster 220. Stewart Venable won his second title of the day with a strong final pull of 650 for the record at submaster 275. This was the second best pull by a heavyweight lifter. The best lifter award went to Sam Philpot, who weighed three pounds less than Stewart, as he won the master 40-44/275 title. Sam pulled a record 65O @ 251. In the master 50-54/242 class the roles were reversed when Tom Roberts overpowered Jim Bridges 570 to 400. It was now Tom's turn to take home the win and a new state record. Sixty year old Tom Barth's lifting was a little off with a recent shoulder injury, but he still managed a record 440 pull for the title at 60-64/198 Our final master competitor was Lyndle Taylor who again amazed everyone with his lifting. This soon to be seventy-one year old made every one of his attempts to finish with an unheard of 475 record pull weighing in at just 206! Jeff George took his second title of the day with his second win at police & fire 275. Jeff finished with a 500 third attempt along with a 550 fourth to set a new state record in that class. In the open division Brandon Doster showed plenty of power with a 580 pull at 181. Brandon went on to break his own existing state record with a great 600 personal record fourth pull. James Muin pulled a new state record 460 for the win at 198 while Martin Lincoln, Jr. did the same at 275 with 430. In the 2-man deadlift Curtis Evans and Bruce Stevens set the record in the 181 lb. class with a final pull of 825. At 275 Christopher Ferri and Dennis Rohr won with a record pull of 1220, which was at the time the top pull of the fairs this year. Second place at 275 went to Sam Philpot and Jeff George with a pull of 1010. Thanks to my son Joey, Jared Jennings, Kevin Hahn and Charlie Kelly for helping to spot, load and judge and a special thanks to Sherry Stevens for all her help at the table. See you all next year! (thanks to Dr. Darrell Latch for providing these results to *PL USA*)

Best MO State Fair Benchers ... (l-r) Ryan Snelling & Keith Parrish


70 Year Old LYNDLE TAYLOR *locks out a PR and SLP Missouri State record of 475. (both photographs courtesy Dr. Darrell Latch)*

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Iron Fist Summer BP Bash
11 Aug 01 - Marshfield, WI

BENCH		Master 220 lbs.	
Open 198 lbs.		M. Gillette	405
B. Wright	425	242 lbs.	
242 lbs.		V. Rasmussen	385
K. Hendler	340	275 lbs.	
		D. Murphy	245

This was our Summer Bench party at the Iron Fist Gym. This meet had a $5 entry fee which included a beer party and picnic. (Thanks to Mike Gillette for providing us with the results)

East Jersey Powerlifting
1-3 Sep 01 - Mahway, NJ

Light 148-200 lbs.		Best DL	
Best BP		R. Smith	525
Bell	425	1st Place	
Best SQ		R. Smith	1350
E. Smith	525	Heavy 242+ lbs.	
Best DL		Best BP	
E. Smith	530	Thompson	440
1st Place		Best SQ	
E. Smith	1380	Thompson	580
Middle 200-242 lbs.		Best DL	
Best BP		Chambers	735
Mincey	380	1st Place	
Best SQ		Chambers	1775
R. Smith	500		

Best Lifter of the Meet: E. Smith-151, 325, 525, 530, 1380. Over Labor Day weekend we had a powerlifting meet in the Big Yard in East Jersey State Prison. This event took place over three days: Sept. 1st the bench press, Sept. 2nd the squat, Sept. 3rd the deadlift. You could lift in one event or all three. R. Smith and Chambers lifted raw. Congratulations to them and all the winners. Thanks to the state powerlifting champs who judged the meet also the weight-loaders and spotters. I lifted in all three events, bench 440, squat 580, deadlift 580, which is also second place in the heavyweights. I totaled 1600 drug free. I want to thank my workout crew Zulu, Mr. Sonntag, Big Tim and Mr. Dave Carson, many time powerlifting champ for all his help. (Thanks to Patrick Thompson for providing these competition results to *POWERLIFTING USA* Magazine, at P.O. Box 467, Camarillo, California 93011)

Iron Fist Gym Summer Bench Bash Competitors *(left to right) were comprised of Verlyn Rasmussen, Brian Wright, Don Murphy, Kevin Hendler, and Mike Gillette, who supplied the photograph to us at PL USA*

Nordic Women's Championships
22 Sep 01 - Laukaa, FIN (kg)

	JK	PP	MN	YT
48 kgs.				
R. KoskinenFIN	165	72.5	150	387.5
V. ViitasaariFIN	135	75	165	375
H. SvahnDEN	90	90*	105	285
52 kgs.				
LiimatainenSWE	160	95	177.5	432.5
L. JokitaloFIN	160	50	75	412.5
56 kgs.				
M. SirkiaFIN	145	90	172.5	407.5
RantamakiFIN	157.5	87.5	162.5	407.5
M. ErikssonSWE	140	90	165	395
AndreassenNOR	110	57.5	132.5	300
K. VestergaardDEN				
60 kgs.				
P. SavolaFIN	190	92.5	205	487.5
H. LaitinenFIN	170	87.5	185	442.5
HammarstroSW	137.5	95	172.5	405
OstergaardDEN	127.5	60	130	317.5
67.5 kgs.				
M. KoskinenFIN	170	92.5	147.5	410
H. SvenssonSWE	145	102.5	142.5	390
BorggaardDEN	145	72.5	165	382.5
H. JohageSWE	142.5	85	155	382.5
BjomstrornNOR	145	80	150	375
75 kgs.				
H. AmesenNOR	192.5	95	185	472.5
K. BlirmikkaFIN	145	92.5	167.5	405
82.5 kgs.				
MogensenDEN	180	105	202.5	487.5
82.5+ kgs.				
S. SaksaFIN	185	120	165	470
H. HugdalNOR	187.5	100	172.5	460

*=Nordic records. Team points: FIN 105, SWE 44, DEN 35, NOR 34. Best lifters by points: Pirjo Savola FIN 556.53, Raija Koskinen FIN 545.64, Riitta Liimatainen SWE 541.58. (Thanks to Heikki Orsmaa for providing these results)

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23,24 Jun 01 - Vista, CA

WOMEN
R Sub 105 lbs.
K. Mayo 45
R Life 114 lbs.
C. Baqui 56
V. Cortez 52.5
R Open
C. Baqui 56
RH (18-19)
T. Johnson —
RT (16-17)
S. Fultz 50
M (45-49) 132 lbs.
L. Sramkova 40
Open
K. Mikusova 35
Life 148 lbs.
G. Ashton 98.5
Lm (40-44)
G. Ashton 98.5
M (40-44)
G. Ashton 98.5
Open
G. Ashton 98.5
K. Martinez 92.5
LM (40-44)
K. Martinez 92.5
M (40-44)
K. Martinez 92.5
Open
K. Martinez 92.5
Phys CH
K. Martinez 92.5
Open 198 lbs.
K. Kardisova 110
R Law
S. Pipes 45
RM (40-44)
V. Crowell 82.5
RY (10-11)
B. Tinghoff 27.5
MEN
Jr 123 lbs.
M. Booker 160
Life
G. Murphy 90
Open
M. Booker 160
RJR
M. Booker 160
R Open
M. Booker 160
PH CH O
S. Alshahitari 140
S. Alshahitari 140
M (70-74) 132 lbs.
J. Selby 57.5
Open
M. Nursakhatov —
RH (16-17)
A. Alsaleh
117.5
R Open
A. Alsaleh
117.5
RH (14-15)
Z. Galvez 82.5
RLM (45-49)
G. Landess 77.5
RM (45-49)
G. Landess 77.5
RM (70-74)
J. Selby 57.5
M. Perez 97.5
RH (18-19)
J. Rushing 148
RLM (45-49) 148 lbs.
R. Tinkham 77.5
RM (45-49)
R. Tinkham 77.5
RT1 (14-15)
R. Steele 85
LM (60-64)
165 lbs.
J. Lopez 110
M (60-64)
G. Boucher
137.5
Open
R. Bakhshaliev 150
W. Chun —
RJR
S. Ayala
137.5
R Open
R. Bakhshaliev 150
S. Ayala
137.5
W. Chun —
RH (14-15)
B. Short 122.5
RH (16-17)
B. Short 122.5
J. Willams 90
RLM (60-64 132.5
RT1 (18-19)
C. Phillips 140
Life 181 lbs.
M. Owen 192.5
R. Gallan
LM (60-64)
M. Stainbrook 75
LM (45-49)
M. Owen 192.5
R. Branch 150
R. Lozano 155
M. Owen 192.5
Z. La-Mutairi 147.5
RJR
J. Maier 181
R Life
M. Stainbrook 75
R Open
Z. La-mutairi 147.5
M. Stainbrook 75
RH (16-17)
M. ROSS —
RH (18-19)
N. Maldonado —
R. Rabulan —
M. Stanley —
RKM (45-49)
Z. Zambelli —
RLM (60-64)
M. Stainbrook 75
M. Stainbrook 75
RM (45-49)
Z. Zambelli —
RM (60-64)
M. Stainbrook 75
RM (70-74)
R. Simon 110
RY (10-11)
J. Indovino 77.5
Sub
R. Gallan 155
Life 198 lbs.
C. Meier 195
T. Cathers 165
T. Faulk 157.5
LM (50-54)
M. Drake 160
LM (55-59)
L. Hilger 145
M (45-49)
R. Gingg 192.5
M (50-54)
M. Drake 160
M (55-59)
R. Matheson 170
M (60-64)
G. Homer 167.5
Mil
B. Fraley 135
R Law
S. Arase 182.5
RH (14-15)
C. Saulpin 100
RH (16-17)
B. Davis 97.5
E. Santacruz —
RM (40-44)
H. Fultz 177.5
RM (60-64)
M. Stewart 157.5
RT (14-15)
D. Delin 125
O. Suleymanov —
220 lbs. Life
A. Fortunato 195
J. Golec 172.5
LM (50-54)
M. Drake 162.5
M (40-44)
B. Styles 127.5
M (45-49)
C. Steele 195.5
M (50-54)
B. Evans 175
M (75-79)
J. Gilmour 100
Mil
B. Styles 132.5
Open
J. Golec 172.5
Phys
S. Salman 195
RJR
J. Homsley —
R Law
C. Dodson 177.5
R Open
S. Saman 195
R Sub
C. Dodson 177.5
RH (16-17)
A. Morton —
RLM (45-49)
E. Berteaux 145
RM (40-44)
J. Sramko 120
RM (50-54)
M. Capla 122.5
RM (60-64)
M. Rau 117.5
RM (70-74)
A. Plo 170
RM (75-79)
J. Gilmour 100
RT (16-17)
A. Watt 100
RY (10-11)
K. McMahon 57.5
Sub
A. Fortunato 195
242 lbs. Law
K. Mackey 217.5
RJR
N. Hansen 187.5
R Life
A. Jones 227.5
A. Jones 227.5
R Open
L. Webb 185
I. Toma 242
R Sub
M. White 172.5
RLM (50-54)
G. Abernathy 155
RM (40-44)
W. Lilywhite —
RM (45-49)
R. Sussman 160
Sub
B. Dunham 245
275 lbs. Law
P. Johnson 187.5
LM (40-44)
D. Smith 202.5
LM (45-49)
P. Johnson 187.5
C. Milligan 160
LM (50-54)
J. Graham 157.5
M (40-44)
D. Smith 202.5
M (45-49)
C. Milligan 160
M (60-64)
D. Herrera 191
Open
R. Speno 210
R Mil
J. Graham 157.5
RH (16-17)
J. Crite 147.5
RH (18-19)
J. Granillo —
N. Ferrone 175
RLM (40-44)
B. Williams 125
RLM (50-54)
J. Graham 157.5
RM (40-44)
N. Ferrone 175
RM (50-54)
J. Graham 157.5
319 lbs. M (45-49)
J. Tancil —
Open
W. Anderson 192.5
J. Tancil —
R Open
J. Fahenbrusch 180
RLM (45-49)
K. Ward 25
RM (45-49)
J. Fahenbrusch 180
K. Ward 25
RM (50-54)
D. Dryer 155
Sub
L. Mikus —
W. Anderson 192.5
Open Super
R. Schoenburger 260
R Life
R. Schoenburger 260
R Open
R. Schoenburger 260
R Sub
R. Schoenburger 260

Overview: A great group of terrific Drug Free Bench Press Champions made the trip to the Rancho Buena Vista Performing Arts Center in beautiful Vista California. Teams were entered from the USA, Japan, Canada, Slovakia Turkmenistan and Kuwait. USA lifters represented California, Arizona, Texas, Hawaii, Nevada, New Mexico, Florida, Maryland, North Carolina, South Carolina and Indiana, Coach Gene Abernathy and Martin Capla (Slovakia) were inducted into the hall of fame for their outstanding Coaching efforts. Women: Brianna Tinghoff (HI) captured her first ST World title in the 66 pound r youth 10-11 class. Karen Mayo (CA) repeated her USA win in the 105 Raw Submasters with a 99 pound Lift. At I 1 4 Carmella Baqui (HI) outlasted Virginia Cotez (CA) in the 114 Raw Lifetime Class. Carmella ended with a Record 123.5 She also took the Raw Open class in record fashion. Sierra Fultz (CA) celebrated turning 16 by destroying the Raw teen 114 record with a I I I pound bench. Katarina Mikusova (Slovakia) repeated her 1999 World Open 132 win here. Her Teammate Libusa Sramkova (Slovakia) won top honors in the 132 45-49 class. Gretchen Ashton (CA) was on fire ! Here she benched A record 215+. Her class wins were in the Open, Life, Raw Open, Masters 40-44 and Life 40-44. Another multiple winner was Kathy Martinez (NM). In the 198 class her American and World record 204 lead the way in the physically challenged, masters 40-44, life 40-44, and lifetime divisions. In the Open Katarina Kardisova (Slovakia) nailed a great 242 to upend Kathy. Valerie Crowell (CA) repeated her 1999 win in the 198 Raw 40-44 class. Best Lifter Open and Masters. Gretchen Ashton Men's Lt Wt. The 123 pound Raw Open was a barn burner. Physically Challenged Champion Sabah Alshahitari (Kuwait) lifted an unbelievable Raw 308.5 (on the 7 foot bench). This was easily good enough for the physically challenged division, but in the Raw Open was Mike Booker. Weighing at 116 Mike destroyed 353 for a slew of New American and World Records. (Jr, Raw Jr, Open, Raw Open). Glenn Murphy (MD) also went 123 and hit a solid 198 in the lifetime class. At 132 Jim Selby (CA) continued his dominance of the 70-74 and raw 70-74 classes with a 126.76 Alaa Alsaleh (Kuwait) used a great 259 to take the Raw Open and Raw Physically Challenged classes. The 14-15 132 Raw HS winner was Zefferino Galvez (CA)

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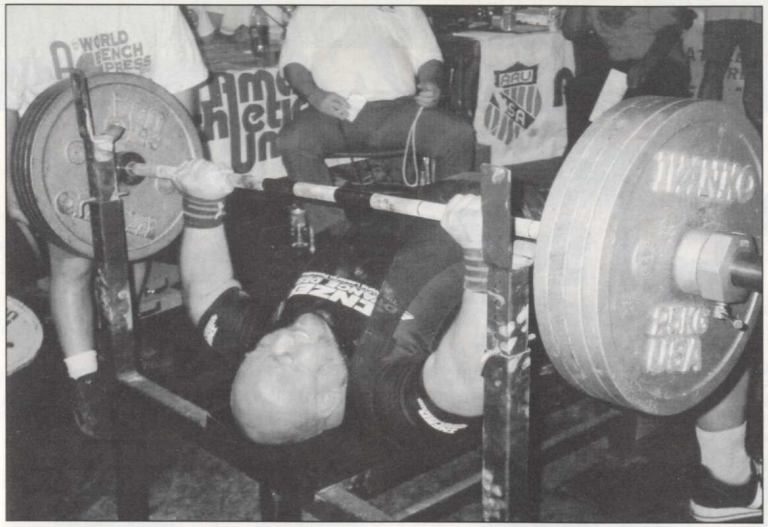
Day 2 Best Lifters at the AAU World Bench Press Championships ... (left to right) Al Pio, Danny Herrera, Bob Dunham & son, Richard Schoenberger. Not pictured - Art "Superman" Jones. (Martin Drake photo)



Lubimor Mikus of the Slovakian Team, with his 496 pound opener at the AAU World Bench Championships

Gary Landess (IN) made it three World Bench wins in a row in the Raw 45-49 and Raw Life 45-49 132 classes. Gary's Training partner Roger Tinkham (IN) repeated the feat at 148. Miguel Perez (CA) lifted well in wining the Raw HS 14-15 148 category. The 148 Raw Teen class was won by Remmington Steele (FL). John Lopez (AZ) and Gerard Boucher (CA) repeated their April wins in the 165 Raw 60-64 and 60-64 classes respectively Sammy Ayala (CA) was the Raw Junior 165 winner with a 303 and finished second behind Ramis Bakhashliev of Turkmenistan. Ramis also won the 165 Open. Bobby Short (CA) crushed a fantastic 270 in the 165 Raw HS and Raw Teen 16-17. John Williams (CA) finished second"Legend": Jim Merlino (CA) hit a 292 in the 60-64 Raw Life 181 Class. The 18-19 Raw Teen win went to Caleb Philips. (CA) via 308.5. A great 424 was the winning number for Mitch Owen (CA) in the Lifetime 181 class. Randy Gallan (CA) finished a solid second despite announcing for two days. edged Randy did claim victory in the submaster class. Mitch also Rich Branch (CA) in the 45-49 Lifetime. Mike Stainbrook (AZ) set a bunch of records in the 181 Life 60-64, and Raw Life 60-64. Mike finished first in the Raw lifetime and second in the Raw Open. The Raw Open winner was Zaid La-Mutairi (Kuwait) with A 325. He also took the physically challenged class. 341 was the winning number for ageless Rudy Lozano (CA) in the 60-64 class. Richard Simon (CA) hit a 242 to take the IS I Raw 70-74 title. Jordan "I can't stop growing" Indovino (CA) muscled a World record 170 pounds in the Raw 10-11 class. Best Lifter Raw Open Lt: Mike Booker, Best Lifter Open Lt: Mitch Owen Best Lifter Masters Lt Wt. Mitch Owen Best Lifter Raw Masters Lt. Wt. Jim Merlino Men's Heavy Weight 198 Three good lifters battled for supremacy in the 198 lifetime class. When the dust settled Chris Meier (CA) had a new World record (429) and the win. Todd Cathers (AZ) edged Tood Faulk (CA) for second). Lifting as a 198 on Saturday Martin Drake (CA) set a lifetime 50- 54 World record with a fine 352 Martin also won the 50-54 class. Les Hilger (CA) set a 55-59 lifetime record with a 319. The 50-54 masters winner was Rocky Gingg (AZ) with a 424. Ron Matheson (A-Z) repeated his 99 win in the 198 55-59 class with a 374 opener. Gerry Homer (az) was brilliant! He crushed 368 in the 198 60-64 class. Brad Fraley benched early on Saturday so he and Sean Vauters could spot and load for two days. THANKS ! In the process he won the 198 military class. Sam Arase's (CA) WR 402 lead the way in the raw law class. Cody Saulpin (CA) was the 198 Raw HS 14-15 198 winner and his teammate Brett Davis (CA) scored the 16- 17 win. A 391 put Henry Fultz (CA) back on top of the world in the 198 raw 40-44 category. Malvin Stewart (CA) hit a raw 347 in the Raw 60-64 class. Derin "I can out bench NY coach" Delin (CA) crushed a record 275 in the Raw 14-15 class. 220 Al "Long Arms" Fortunato (TX) bested Jason Golec (CA) 429 to 380 in the 220 lifetime class. Al also won the subs. Martin Drake (CA) returned on Sunday as a light 220 (201) and broke the World record in the 50-54 lifetime class with a 358. Bill Styles (CA via Kuwait) won the 40-44 and the military classes. Chuck Steele (FL) was awesome in the the 45-49 class hitting 437. Bob Evans (CA) again upped his PR with a 385.8 while taking the 50-54 class. Jason Golec (CA) struck gold in the Open. Using a 429 Raw opener Salman Salman (Kuwait) took both the physically challenged and raw open classes. This is one strong man. The Raw Submaster victor was Chris Dodson (CA) with a 391. Ed Berteaux (CA) took yet another one of my records in winning the raw life 45-49 class. Jan Sramko (Slovakia) was the raw 40-44 winner while his teammate Micheal Kapla was the raw 50-54 winner. Mo Rau (CA) was the raw 60-64 victor. Kyle McMahon (HI) won the raw 10-11 class. Yes he weighed 220! Andrew Watt (CA) stood atop the podium in the raw 16-17 class. Seventy Nine year old John Gilmour (CA) matched Andrews 220 with his own in the 75-59 raw class. 242 Keith Mackey (NC) could only get his opener, but the 479.5 was enough in the law enforcement class. Two tries at the record would not go. Nick Hansen (NV) won the raw juniors with a record 413. Lenn Web's opener at 407 left him in second behind Art "Superman" Jones (AZ) opener at 501. Art only weighed 222 and took just one attempt. Submaster Champion Bob Dunham (CA) only hit his opener as well 540 at 122. Art was also the Raw lifetime winner Mark White (CA) hit a PR 380 in winning the Raw Submasters class. Coach Gene Abernathy (CA) blasted his 341 Raw Life 50-54 World record to the delight of us all. Wade Lilwhite (CA) was not able to get his opener, but promised to redeem himself next time. Rich Sussman (CA) posted a solid 353 in the Raw 45-49 class. 275 Phil Johnson (CA) had a hard time getting untracked, but still managed a nice 413 and wins in the Law and Life 45-49 sections. Dan Smith (CA) USED A World record 446 to take the lifetime 40-44 gold. For the second meet in a row Charlie Milligan (CA) hit a new high with a 353 to take second to Phil in the Lifetime 45-49 and first in the 45-49 class. Also for the second meet in a row he was beat by the OLD 50 year old 198/220 silver haired stud. Jim Graham (CA) was the life 50-54 and raw life 50-54 victor with a 347 World record. Dan Herrera (CA) is an animal. Here he smoked 420 in the 60-64 class. Justin Crite (CA) hit a 347 to take the 16-17 raw class, while Juan Granillo (CA) went 325 in the raw 81-19. Neil Ferone (CA) used a 385 to get past Brett Williams in the Raw Life 40-44 class. Neil also took the raw 40-44 title. 319 and Supers Jerry Tancil (SC) to put on a show. He blew up 551 for an opener, but his own handoff man was in the way and thus no signal was given. Additional attempts did not go, but Jerry kept a great attitude and was helping others. A true gentleman! Keith Ward (HI) also put on a show with a dazzling 55 pound lift. Seems he completely tore his shoulder and could barely lift the bars and collars. Thus Keith's winning lift was the lowest in AAU history for an adult. Expect a full recovery for December. Jeff Fahrenbrusch (AZ) was healthy and his winning 319 record lift showed. He stood atop the Raw 45-49 and Raw Open classes. Dave Dreyer (CA) is actually becoming a pretty good bencher. His Raw 341 was a PR in the raw 50-54 319 class. 1999 World Champion Lubimor Mikus (Slovakia) regained the 319 Submaster title by defeating William Anderson (CA) 485 to 424.4 How about a rematch in 2002? In the supers Big Richard Schoenburgr (CA) made child's play out of his raw 573. He was victorious in the Open, Lifetime, Raw Open and Raw Submaster classes. Best Lifter Raw Sub: Rich Schoenburger. Best Lifter Raw Open Heavy: Art Jones. Best Lifter Open: Bob Dunham. Best Lifter Raw Masters Heavy: Al Pio. Best Lifter Masters Heavy: Dan Herrera. Team Awards Open Men and Women: First-USA. Second-Slovakia. Third-Kuwait. Fourth-Turkmenistan. Master Men and Women: USA. Physically Challenged: Kuwait. High School-USA. (Thanks to Martin Drake for providing the meet results)

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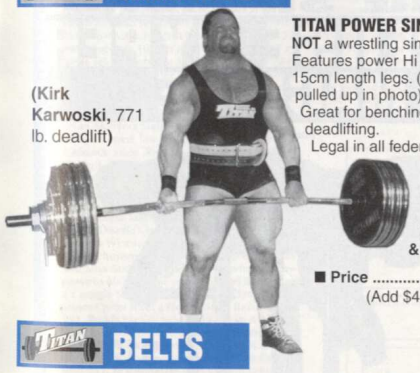

(Kirk Karwoski, 771 lb. deadlift)

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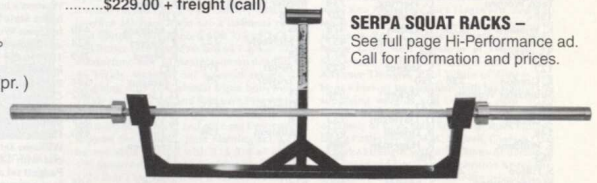

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A. Rowell 352
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A. Francis 451
M. Christie 424
220
J. Drawdy 407
4th 418
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C. McGrail 467
181
S. McMillan 413
4th 435
198
M. Phillips
242
B. Whittington 540
Open Men
148
M. Wideman Jr. 490
165
D. Felton 540
C. McGrail 462
198
G. Herring 734
J. Ray 600
T. Smith 545
242
D. Davidson 733
B. Driskill 673
S. McKinney 672
B. Whittington 540
275
B. Vessels 777
308
E. Roberts
Masters
40-46
165
D. Felton 540
181
N. Wilson 479
198
G. Herring 734
D. Anderson 507
T.Welton 473
G. McCormick 457
4th 473
S. Shaner 429
220
B. McKee 546
242
D. Davidson 733
B. Driskill 673
R. Hageman 496
4th 501
275
S. Khader 600
308
T. McCullough 699
47-53
181
R. Hagedorn 523
198
R. Proctor 451
4th 468
275
E. McConnell 314
SHW
L. Barrett 578
54-60
198
T. Smith 545
J. Snodgrass 469
220
O. Jordan 556
242
M. Pope 573
61-67
148
J. Padgett 275
4th 303
275
J. Duckett 363
68-74
148
C. Bailey 220
181
C. Everett 369
198
B. Remley 457
75-79
242
H. Brandt 336
Submaster Men
148
M. Wideman Jr. 490
181
D. Belanger 600
198
J. Ray 600
220
B. Myers 551
4th 562
242
R. Harlow 661
4th 688
R. Padgett 655
G. Lands 551
275
B. Vessels 777
308
E. Roberts
Class I
181
A. Francis 451
S. McMillan 413
4th 435
198
B. Bishop 534
D. Anderson 507
M. Rainey 473
P. White 457
220
J. Carter II 551
B. McKee 546
275
S. Hendricks 622
308
B. McConnell 551
BENCH
Open Men Law/Fire
198
S. Jones 429
R. McKeefer 385
W. Rivord 374
220
B. Mann 374
Submaster Men
Law/Fire
220
K. Millrany 440
242
J. Jackson 584
R. Molay 440
Master Women
40-46
105
V. McNeely 132
148
D. Amos 170
C. Traylor 99
165
J. Fleming 115
198
S. Adkison 154
54-60
105
B. Lafferty 132
61-67
132
F. Farris 82
4th 88
Masters Men
40-46
132
A. Young 292
165
S. Weingust 396
C. Smith 314
181
A. Traylor 259
J. Sullivan
198
G. McCormick 341
4th 347
D. Anderson 297
220
B. McKee 385
D. Callas 352
242
T. Ward 451
308
S. Khader 413
4th 435
SHW
M. Cain 562
4th 579
47-53
148
R. Wrye 308
198
T. Gonnering 402
R. Proctor 281
220
S. Finegan 446
R. Edwards 407
275
A. Webb 407
SHW
L. Barrett 374
54-60
198
J. Snodgrass 314
242
C. Lambert 325
M. Pope 319
275
D. Brackin
61-67
148
J. Padgett 170
242
K. Anderson 440
275
J. Duckett 292
68-74
148
C. Bailey 121
181
C. Everett 225
198
B. Remley 297
75-79
242
H. Brandt 225
Open Men
181
J. Korn III 512
J. Sullivan
198
A. Stevens
220
H. Woods 490
R. Rogers 424
G. Mitchell 386
242
S. McKinney 473
R. Molay 440
B. Whittington 330
275
B. Vessels 529
R. Ferr 496
Submaster
181
D. Belanger 385
198
A. Stevens
220
K. Millrany 440
R. Rogers 424
B. Myers 369
242
J. Jackson 584
G. Lands 402
275
B. Vessels 529
R. Ferr 496
Teen Men
13-15
97
T. Corey 104
4th 105
105
R. Caprari 143
4th 148
148
C. Pinson 143
4th 154
198
M. Martin 154
16-19
148
A. Rowell 225
165
B. Bunn 303
181
M. Christie 303
A. Francis 275
220
J. Drawdy 325
Class I Men
148
R. Wrye 308
165
C. Smith 314
B. Bunn 303
181
T. Birkhead 264
198
S. Jones 429
B. Bishop 407
T. Gonnering 402
P. White 336
C. McMullin 330
W. Trentham 281
M. Rainey 275
C. Ward 264
220
R. Edwards 407
G. Mitchell 386
B. McKee 385
J. Carter II 358
D. Callas 352
242
R. Padgett 435
275
S. Hendricks 451
B. Cole
308
B. McConnell 386
Junior Men
165
C. McGrail 231
181
J. Korn III 512
M. Bivin 253
198
R. Lunsford 418
R. McKeefer 385
220
J. Rinehart 501
B. Mann 374
242
B. Whittington 336
Teen Women
13-15
97
K. Padgett 83
165
N. Williams 121
16-19
123
A. Pate 88
4th 93
198+
K. Williams 143
Open Women
105
B. Lafferty 132
132
C. Melton 192
148
C. McKeefer 110
198
S. Adkison 154
198+
K. Williams 143
Women Law/Fire
123
K. Gordon 165
Junior Women
148
C. McKeefer 110
198

This event was held at the Sheraton Hotel in downtown Birmingham. It's an 800 room hotel, 19 stories high, plush and a shuttle fromthe airport. About 135 lifters took place. In Junior Women's bench, Carie McKeffer set an Oklahoma State Record of 110# in the 148# class. In Open Women Law/Fire Karen Gordon set an Illinois State Record and World Record of 165# in the 123# class - her 2nd world record in that lift this year. In open women's bench Betty Lafferty did 132 to win at 105#. At 132# Christy Melton was impressive with 192 3/4 and the National title. At 148 Carie McKeefer putup 110#. At 198# Susan Adkison set a Florida State Record with 154# and Krista Williams set a Georgia State Record at 198+ clas with 143#. In teen women bench Kacie Padgett set a Georgia State Record with 121#. In age group 16-19 123# class, Angele Pate set an Oklahoma State Record with 93 1/2. In Junior Men's bench Chris McGrail set a Georgia State Record of 231# at 165. John Korn III from Mississippi did a huge world record of 512 at 181. At 198 Ryan Lunsford set a Florida State Record with 429 3/4. At 220 Jay Rinehart set a Florida State record with 501 1/2 - he's only 22. If he and John Korn keep at it they could be awesome. At 242 Blake Whittington set an Alabama State Record with 336. In Class I Bench 148# Randall Wrye set a Georgia State Record with 308#. At 165, Charles Smith set a Tennessee State Record with 314. At 198, there were 8 competitors and the winer was Steven Jones with an Alabama State Record with 429 3/4. Brant Bishop was 2nd with 407 and Tom Gonnering was 3rd with 402. Paul White, who supplied all the warmup benches and weights was 4th at 198 with 336. At 220 Ronnie Edwards took 1st with a Georgia State Record of 407. Buddy McKee was 3rd with an Alabama State Record 385 3/4. Gene Mitchell edged Buddy out with a 386 3/4. At 242, Rick Padgett set a Georgia State Record with 435. At 275 Steven Hendricks set an Alabama State Record with 451 3/4 and Bubba McConnell set an Alabama State Record 308. In Teen Men 13-15 Age Group Trent Corey set a Georgia State Record at 97# with 105 1/2. At 105# Ryan Caprari set a Mississippi State Record with 148 3/4. At 148 Clayton Pinson set an Oklahoma State Record with 154. At 198 Micky Martin set an Oklahoma State Record with 154#. In age group 16-19 Adam Parker set a Georgia State Record at 148# with 303. Bryan Bunn won at 165# with 303 and Matthew Christie won at 181 with 303. At 220 Josh Drawdy was the winner with 325. In Submaster bench Ken Millrany from Tennessee set a State Record with 440 3/4 in the 220# class. However the National Champion was Harry Woods with 490 and an Alabama State Record. Bobby Myers set a Florida State Record with 369 to finish 4th. At 242 Jason Jackson did a superman 584. At 275 Rob Ferr did a Louisiana State Record 496, but the winner was Bob Vessels with an Alabama State Record 529. In open men's bench, John Korn III set a World Record at 181 with 512 1/2. At 220 Harry Woods set an Alabama State Record with 490. Roderick Rogers was 2nd with 424. At 242 Shane McKinney set an Alabama State Record with 473. Robert Molay was 2nd with 440. At 275 Bob Vessels set an Alabama State Record with 529. In Masters Division bench 49-46 Allen Young of Arkansas put up 292. At 165 Sheldon Weingust sest a Texas State Record with 396 3/4 and was only 6# off the World Record. Charles Smith of Tennessee was 2nd with a Tennessee State Record of 314. At 181 Alan Traylor won with 259. At 198 G. Dewayne McCormick set a Florida State Record with 347. David Anderson of Wisconsin was 2nd 297 1/2 at 220. Buddy McKee won the Nationals 385 3/4. David Callas was 2nd with 352 1/2 and a Georgia State Record. At 242 Tracy Ward blasted 451 3/4 for an Arkansas State Record. At 308 Steve Khader set an Alabama State Record with 435. At Super Michael Cain set a World Record 579 1/2 pending a drug test. As of this writing John Korn III who did 512 at 181 passed his drug test. In Master 47-53 148 Randall Wrye set a Georgia State Record with 308#. At 198 Tom Gonnering was the winner with an Alabama State Record 402 and Ronald Proctor set a Georgia State Record with 281. At 220 Sean Finegan set a Texas State Record with 446. At 275 Austin Webb won with 407. At Super Lorenzo Barrett won with 374 3/4. Lorenzo is from Washington D.C. In master 54-60 Charles Lambert was the winner with a Louisiana State Record 325 at 242#. In master 61-67 Jake Padgett set a Georgia State Record with 170# at 148#. At 242# Ken Anderson set a World Reocrd 440 3/4. Ken Anderson is the Texas State Chairman for WABDL. At 275 Jimmy Duckett set an Oklahoma State Record with 292. In master 68-74 Clyde Bailey set a Georgia State Record with 121# at 148#. At 181# Calvin Leverett set a Florida State Record with 225. At 198 Bill Remley set a Florida State Record with 297. At Masters 75-79 242# class Herb Brandt set a world record with 225. In master women bench 40-46 Vickie McNeeley set an Alabama State Record at 105# with 132. At 148# Cheryl Traylor set a Georgia State Record with 99#. At 165 Jane Fleming set a Tennessee State Record with 115#. At 198 Susan Adkison set a Florida State Record with 154#. In master 54-60 Betty Lafferty put up 132 weighing only 104. In master 61-67 132# Fay Farris set an Alabama State Record with 88#. Going back to master 40-46 148# Dru Amos set an Alabama State Record 170#. In Submaster law/fire bench Ken Millrany set a Tennessee State Record 440# at 220#. Robert Molay set an Alabama State Record at 242 with 440#. In open men law/fire Steven Jones set an Alabama State Record with 429# at 198#. Richard McKeefer set an Oklahoma State Record with 385 3/4 at 198 for 2nd place. William Rivord was 3rd with a North Carolina State Record 374 3/4. At 220# Brian Mann set an Alabama State Record with 374. Now on the the Deadlift. In Class I at 198 David Anderson set a Wisconsin State Record with 507. The winner, however, was Brant Bishop who set an Alabama State Record 534 and who will improve to 600 within a year. Michael Rainey set a Georgia State Record with 473 3/4. At 220 James Carter II set a Florida State Record with 551. Buddy McKee was 2nd with an Alabama State Record 546. At 275 Steven Hendricks set an Alabama State Record with 622 3/4. At 308 Bubba McConnell set an Alabama State Record with 551. In submaster men's deadlift Marvin Wideman set a Georgia State and World Record deadlift of 490 1/2 at 148#. He's from Fort Benning and is a Ranger. At 181 WABDL State Chairman Dan Belanger set a Florida State Record with 600 3/4. At 220 Bobby Myers set a Florida State Record with 562. At 242 Ron Harlow was very impressive with an Illinois State and World Record of 688 3/4. At Submaster 275# Rick Padgett set a Georgia State Record with 655. At 275 Bob Vessels set a world record with 777 after missing the first time. In masters division deadlift 40-46 Dave Felton set a Wisconsin State Record with 540 at 165# - great weight for anybody at 165, masters or not. At 198 David Anderson set a Wisconsin State Record with 507. G. Dewayne McCormick set a Florida State Record with 473 3/4. The real story was old timer George Herring doing a World Record in both open and master with 734! At 220 Buddy McKee set an Alabama State Record of 546 1/2. At 242 Dan Davidson did a world record 733 to break the old record by 33#. Bobby Driskill was 2nd with an Alabama State Record of 673. At 242 Ricky Hageman set a Georgia State Record of 501 1/2. At 275 Steve Khader did an Alabama State Record of 600 3/4. Steve is potentially much stronger - so is Bobby Driskill. At 308 Tom McCullough had an off day and settled for 699 3/4 for an opener for the win. In master 47-53 Ronald Proctor set a Georgia State Record at 198 with 468. At Super Lorenzo Barrett of Washington, DC did a 578 1/2 for the win. At 54-60 198 Tom Smith did a Virginia State Record of 545 1/2. At 220 Onnie Jordan did a Louisiana State Record 556 1/2. Onnie has come back strong from back surgery. At 242 Mac Pope from Washington DC won with a 573. In master 61-67 148 Jake Padgett did a Georgia State Recod 303 and at 275. Jimmy Duckett did an Oklahoma State Record 363 3/4. Moving on to the older guys Clyde Bailey set a Georgia State Record 220 in master 68-74 148#. At 181# Calvin Everett set a Florida State Recod 369 and at 198 Bill Remley set a Florida State Record of 457. At masters 75-79 242# Herb Brandt set a world record 336. Herb would punctuate every lift with "yea baby" yell at the end of list. In open men's deadlift George Herring set a world record 734 at 198 and Dan Davidson and Bob Vessels set state records with 733 and 777 respectively. In junior men's deadlift Chris McGrail set a Georgia State Record of 467 at 165 and Steve McMillan also set a Georgia State Record at 181 with 435. At 242 Blake Whittington set an Alabama State Record of 540. In teen men 13-15 age group Ryan Caprari set a world record 286 1/2 at 105#. He is the brother of the great Tony Caprari. At 148 Clayton Pinson pulled an Oklahoma State record 242 1/2. At 198 Micky Martin pulled an Oklahoma State Record 253 1/2, however, D. Samuel Rodgers set a Georgia and World Record at 13-15 198 with 435 - that's a fine pull for a 15 year old. In teen men 16-19 Jake Brinson pulled a Georgia State Record of 407 at 148. At 220 Josh Drawdy pulled a Georgia State Record of 418 3/4. In open men law/fire deadlift William Rivord set a world record 633 3/4 at 198. In master men law/fire Michael Irwin set a national record and Illinois State Record 600 3/4 at 242 and Ted Butler set a world record 611 3/4 at 220 in master men 48+. In master women deadlift 40-46 Vickie McNeely set a world record 259 weighing only 104, almost triple bodyweight. Vickie and her husband Ron own Powerhouse Gym in Pelham and were one of the main sponsors of the meet and gave me tremendous support throughout. Jane Fleming set a Tennessee State Record with 225 3/4 at 165. At 198 Susan Adkison set a world record with 330 1/2 - that's big weight for a master woman. At master women 54-60 123# Jane Honeycutt from Louisiana set a world record with 181 3/4. At master 40-46 148#. Dru Amos pulled up a huge 358 for a world record. In submaster women Susan Decker set an Illinois State Record and world record with 319#. In open women law/fire deadlift Karen Gordon set a world record 330 1/2 at 123. In open women Susan Adkison set a Florida State Record with 330 1/2 at 198#. At 198+ Krista Williams set a Georgia State Record in both open and teenage 16-19 with 275#. I want to thank our spotters Jerome Vaughn and Jeff Summerlin. The scorekeeper was Beth Mallory. The judges were Ken Anderson, Rick Hagedorn, Ted Butler & Eddie McConnell. I want to thank our sponsors Ron & Vickie McNeely of Powerhouse Gym, Ron Coleman of TwinLab, Ed McDonald of Thermalink, John Inzer of Inzer Advance Designs, Paul White of Fitness Systems who was tremendous with his support by supplying weights and benches. Also, Stace Beecham of Gold's Gym in Gadsen, Rick Brewer of House of Pain, Neal Spruce of Apex Fitness, Doug Patterson of MAC Barbell, Giorgio Usai of Forza Strength Systems, Johnny Anderson of Advocare and Tim Isaac of Johnston Keay Labs. (thanks to Gus Rethwisch for the meet results)

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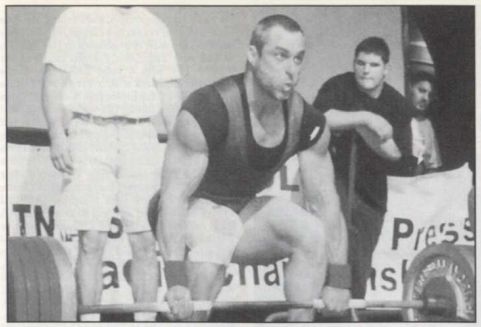

Bob Vessels *made a WABDL World Record 777 at 275 lb. Submaster*

Vickie McNeeley *with a World Record 259 lb. deadlift at 105 lbs. (40-46). Photographs were provided through courtesy of Gus Rethwisch.*

WABDL

Application for Registration
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

Registration Fee $20.00
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
4264 SE 122nd Ave. #31
Portland, OR 97236

If under 18, have parent initial _____

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature_____

SLP Wisconsin State Fair BP/DL
11 AUG -1 - West Allis, WI

BENCH PRESS
open women
132
Dana Emold 150*
teenage men 13-15
114
Jeremy Meyer 165*
123
Casey Staat 135*
teenage men 18-19
148
Justin Klopp 190*
165
Joe Von Wie 210*
181
Chris Toombs 240*
220
A.n Mickelson 350*
junior men
181
Mike Strom 365*
Jeff Zastrow 285
242
Sean Corbett 370*
submaster men
181
Gary Lento 345*
Al Knapinski 325
Steven Cooper 325
242
David Walker 510
John Riccho 435
PaulCarreon 420
Mike Coenen 325
275
Carlos Garcia 410*
master men 40-44
181
Gregg Zangl 430*
Dan Busch 305
198
Tim Hamlins 315*
220
Dennis George 350
242
Robert Vivier 380*
308
David Meservey 355*
master men 4549
181
PaulProvo 325*
198
Rod Tafelski 260*
Randy Hudzinski250
master men 50-54
198
Jim Verhagen 285*
242
Terry Turner 335*
master men 70-74
198
Peter Jensen 220*
police & fire/
submaster
198
George Larson 335*
police & fire
132
Dave Surita 250*
open men
148
Johnny Brown 345*
Jason Reeves 310
Rich Weste 280
Marcus Broom 225
165
Jay Teela 270
181
Jonah Robets 425*
PatMcCormack 300
John Lathrop 275
198
Jim Widmar 420*
220
Andrew Sapinski 420
242
David Walker 510
R. Simmons 440
Jim Huebner 430
275
Scott Lade 550*
Guy Powell 500
Jim Langer 405
308
Ray Flint 420*
DEADLIFT
youth
J. Robbins(11) 185
teenage men 13-15
114
Jeremy Meyer 340*
181
Levi Jungbluth 440*
teenage men 18-19
220
Matt Dienberg 570*
Chris Schwandt 550
junior men
242
Matt Gunville 500*
master men 40-44
148
Miguel Castro 550*
181
Gregg Zangl 530*
Hugh Perone 525
198
Scott Hubert 545
Tim Hawkins 415
242
Robert Vivier 530*
308
David Meservey 525*
master men 45-49
198
R. Hudzinski 435*
220
Stuart Coogan 525*
master men 50-54
148
Bob Heiner 360*
165
Gary Soffa 315*
master men 60-64
181
Jim Sodolski 385*
master men 70-74
198
Peter Jensen 330*
open men
165
Jay Teela 440
181
Pat McCormack 450*
John Lathrop 390
John Shields —
220
Ryan Stills 660*
242
Aaron Courtney 700*
R. Simmons 625
John Du ginski 600
275
Scott Antczak 640*
Pete Robbins 605
shw
Jason Christus 615*
2-man
165
Castro/Lathrop 900*
275
Antczk/Duginski 1210*

*SLP Wisconsin record. Best Bencher - ltwt - GREGG ZANGL. Best Bencher - hvywt - SCOTT LADE. Best Deadlifter - lightweight - MIGUEL CASTRO, SR. Best Deadlifter - heavyweight - AARON COURTNEY The 2001 SLP Wisconsin State Fair Bench Press/Deadlift Championships were held August 11 on the fairgrounds in West Allis. We had a great turnout of over eighty competitors and more than three hundred spectators cheer the lifters on. A great day of lifting! In the bench press competition we began with the open women's 132 winner Dana Emold. Dana went three for three to finish with a new Wisconsin state record of 150. Our youngest lifter was thirteen year old Jeremy Meyer who also set a state record with his win at 114 with 165. Also in the 13-15 age group was Casey Staat who set the record at 123 with a solid 135. In the 18-19 age division

Miguel Castro & John Lathrop (l-r) *with 900 in the 2 Man Deadlift.*

we had four competitors, each setting the state record in their respective classes. At 148 it was Justin Klopp with 190 followed by Joe Von Wie at 165 with 210. Chris Toombs captured the title at 181 with a solid 240 while Aaron Mickelson finished with a strong 350 for the win at 220. In the junior men's division Mike Strom took the title at 181 with a fine 365, just missing his final attempt with a pr 385. Jeff Zastrow only got in his opener of 285 to finish second at 181. Sean Corbett got all three of his lifts in at 242, taking that class with 370. Both Mike and Sean posted new Wisconsin state records. Gary Lento set the record at 181 in the submaster division with a strong 345 final attempt. Second at 181 was Al Knapinski with 325, followed by Steven Cooper who also finished with 325, though weighing eight pounds heavier. David Walker took the 242s with an impressive 510 over John Riccho (435), Paul Carreon (420) and Mike Coenen, who finished with 325. Carlos Garcia won the 275 class on the strength of his opener of 410, which established a new state record for him. In the master 40-44 division Greg Zangl not only won the 181 class, but lifting at a 175 bwt. also took best lifter honors for the lighter classes. Gregg finished with another state record with his 430 third attempt. Second place at 181 went to Dan Busch with 305. Sgt. Tim Hawkins set the state record at 198 with his win there, finishing with 315. At 220 it was Dennis George with 350 while Robert Vivier took the 242 class with a record 380. David Meservey was our final competitor in the 40-44 age group, finishing with a new Wisconsin state record of 355 in the 308 weight class. In the 45-49 age group Paul Provo won at 181, getting his opener of 325, still good enough for a new record there. At 198 Rod Tafelski established another state record with his win over Randy Hudzinski 260 to 250. Jim Verhagen set the record at master 50-54/198 with 285 while Terry Turner did the same at 50-54/242 with 335. Peter Jensen won the 70-74/198 class with a new state record of 220, making all three of his attempts. In the police & fire, submaster 198 class George Larson was the winner with his 335 state record lift, while police & fire open 132 lifter Dave Surita established the record there with 250. In the open men's division Johnny Brown took the 148 crown, finishing with a state record 345 personal best. Jason Reeves was second with 310 followed by Rich Weste at 280 and Marcus Brown with 225. Jay Teela had some problems with his shirt, making only his opener of 270 for the win at 165. Jonah Rob-

Scott Lade *with his 550 SLP Wisconsin State 275 lb. record at the State Fair Bench Press competition. (photos by Dr. Darrell Latch)*

erts set the record at 181 with 425 for the win there over Patrick McCormack (300) and John Lathrop (275). Jim Widmer finished with 420 @ 198 for the win and record there. In the open 220's Andrew Sapinski took the class with a strong 420 third attempt, after failing with that same weight for his second. David Walker won at 242 with 510 over Rasheik Simmons' 440 and Jim Huebner's 430. Best heavyweight bencher Scott Lade took the 275's with a state record 550 just missing a final attempt with a pr 570. Guy Powell was second at 275 with his first official 500 bench! Congratulations, Guy! Jim Langer was third with 405. Up last was 308 winner Ray Flint, who established a new record there with 420. In the deadlift competition our youngest competitor, Josh Robbins, age eleven, pulled a great 185 personal best to win the youth division honors. Jeremy Meyer won his second title of the day with an unbelievable 340 pull, weighing in at only 111! That's more than triple bodyweight for a thirteen year old! Levi Jungbluth took the 13-15/181 title with 440, another great pull for a younger lifter! Both of these lifters set new state records for their classes. In the 18-19 age group we saw a great battle at 220 between Matt Dienberg and Chris Schwandt. In the end it was Matt out on top with a new Wisconsin state record 570 pull compared to Chris' 550. Matt Gunville got a state record with his opener of 500 while capturing the junior 242 title. Miguel Castro, Sr. had the best pull of the day in the lighter classes with his 550 opener at a 147 bwt! Miguel captured the master 40-44/148 title, setting the record there as well. Also at 40-44 was Greg Zangl, posting the win and state record at 181 with a strong 530 opener. Second place at 181 was Hugh Perone who finished close behind with 525. Scott Hubert won at 198 over Sgt. Tim Hawkins 545 to 415. Robert Vivier captured the title at 242 with 530 while David Meservey won at 308 with 525. Both were new state records. In the masters 45-49 division Randy Hudzinski the record at 198 with 435, making all three of his attempts with ease. Stuart Coogan pulled a personal best 525 (in an outside competition) with his win at 220, also a new state record. Bob Heiner won at 50-54/148 with a solid 360 and Gary Soffa won at 165 with 315. Jim Sodolski set the record at 60-64/181 with 385 as did Peter Jensen who pulled a great 330 in the 70-74/198 class. All four of these master lifters set new Wisconsin state records. In the open division Jay Teela captured his second title of the day with a strong 440 pull at 165. Pat McCormack set the record at 450 with his win at 181 over John Lathrop, who finished with 390 and John Shields who failed to get his opener. Ryan Stills pulled a great 660 @ 211 for the win and record at 220. Aaron Courtney got the biggest pull of the day with his personal record 700 third attempt. This was also a new Wisconsin state record at 242 and gave Aaron the best lifter award for the heavier lifters. Rasheik Simmons was second at 242 with 625 while John Duginski finished third at 600. Scott Antczak captured the title at 275 with his record setting 640 final attempt. Pete Robbins was second with 605. Our last puller was shw winner Jason Christus, who got a 615 record on his final attempt. In the two-man pull John Lathrop and Miguel Castro, Sr. finished with a record 900 in the 165 lb. class. Scott Antczak and John Duginski pulled a record 1210 for the 275 lb. class. Thanks to my sons D. C. and Joey Latch, Daniel Moutria and Ryan Stills for all their help. See you all next year. (results by Dr. Darrell Latch)

1st YMCA Saratoga BP
25 Aug 01 - Saratoga, NY

WOMEN
132 lbs. Master
D. Gregory 100#
MEN
Teen (18-19)
J. Startlri 315#
165 lbs. Raw
C. Green 190#
Master (40-44)
S. Dussault 2504
Master (60)
S. Mitchell 205#
220 lbs. Raw
C. Smith 285#
Open
J. Melanson 270#
275 lbs. Raw
R. Monahan 500#

Best bench went to Rusty Monahan with a very impressive 500# raw drug-free lift. I would like to give a special thanks to Ron Daly, Tammy Daly, Jack Norton, Chad "Big Daddy", Scott Rabine, Jim Melanson, Mike Cable, John Coleman, Beth Allen, Patricia Allen, Lori Hartman, and all the competitors! Guest lifter Scott Rabine (181 lbs.) lifted 535 lbs. With an Inzer dbl. Denim shirt. (results from John Hart)

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(article continued from page 7)

they tolerate powerlifting, but no psyching, yelling or chalk, but Tom let it all hang out here. He encouraged everyone, worked as a reliable spotter during the two days and even got vocal in defeating the barbell.

Mike Beach, 33, 286 lbs, told me beforehand he wanted to beat his PR SQ. He did just that, inching up 573 to successful completion on his final lift. This paved the way to his 308 class Submaster title.

In the WPC/CPC Special Bench Press Contest, Scott Velliquette, 54, 195 lbs, of the L.A. Lifting Club team, looked buff. He called for a 347 BP opener and got it, and then discovered it was 352. Two tries thereafter with 369 buffaloed him.

Andrey Butenko, 27, from Okotoks, came out on top in the 198 Open. He lost his groove with a 440 opener, but found the right spot and blasted home 451 and 462 after that. Terry Kay, his teammate, elevated 473 to take the 220 Open division, but failed in his bid to establish a Canadian record 502 on his last lift. Dorsey Asplund, 58, 234 lbs, punched home a 341 2nd attempt for the 242 Open win. Len Dejarlais, 37, 329 lbs, captured the 33-39 SHW win, upping all three. He delivered 501 on his last try - his first time to do the Big Fiver.

The crowd was buzzing in anticipation to get a glimpse of the L.A. Lifting Club's giant monster puff toad! Scott Mendelson, 32, owns his own gym in Valley Glen, CA, but makes the commute twice a week to the L.A. Lifting Club in Burbank to be coached by Joe Avigliano. Scott won the WPC Worlds last year in Vegas, posting 644 at 276 bodyweight. Earlier this year, he added the APF National title to his growing list of accomplishments. He was bigger and stronger than ever, and his training lifts had been spectacular. He came in at 288 lbs. and blew up his last warm-up backstage, with 560, sans shirt, like it was tissue paper. He sought to smash the 700 barrier on his opener. The barbell was loaded to 318 kg (701 lbs). Scott likes to have his chops slapped hard to get psyched. Joe Avigliano gave him a couple of gentle smacks, but that wasn't good enough. Nance tried, but that was like a mongoose trying to attack an elephant. Scott's wife gave him a couple of shots that would've knocked an ordinary man unconscious. This put him in 'the Zone'. Then, the handoff. He lowered the barbell. Two or three inches from his chest, Scott's double-denim shirt split down the front. He switched to an old hand-me-down poly that J.M. Blakley had given him. He got a great catapult and drove it straight to arm's length. Mendelson the blew up 716 just as easily as his previous attempt. It virtually jumped from his chest, with no difficulty or hesitation at lockout. On a 4th attempt, outside the competition, he took a shot at 334.5 kg (737.7 lb) to surpass the WPC Open WR. The weight blasted from his chest to completion. His right arm locked out, but he lagged a couple of inches on his left for an incomplete. So close! There's a new kid on the block. Scott Mendelson is ready to make his mark in prime time.

In the Open division, Roy Harper, at 38 years old and only 143 lbs, of Greig's gym, is an excellent lifter. He captured the 148 Open in impressive style. He took one DL and waived his remaining tries.

***Skip Sandberg** - set all kinds of new masters records.*

Herb Glossbrenner, 59, 161 bodyweight, did his best lifting since 1983. He tacked 88 lbs on his TOT since the APF Nationals, thanks to coach Joe Avigliano's program, and took first in the 165 Open division. Herb went 7/8 and figures he might have done even better if he hadn't experienced cramps. Thanks to Joe and Nance for all their help and support, and to Al Garcia, Tom Manno and Scott Mendelson for their food supplement assistance. Also, thanks to Inzer and Crain equipment.

Jason Skow, of Bruce's Back Alley Gym, topped Markus Deobieta, 28, of Lethbridge, 1157 to 1096 to win the 181 Open division. Jason got the edge from the get-go and never relinquished his lead. Jason went 7/9, while Markus went 6/9!

Corey Evans, 31, 194 lbs., earned himself the Outstanding Lifter award among the lighter men. Cory made huge increases, going from his 639 opener SQ, to 694, and finally a huge 749. He BPed big also: 440, 462, and finally 479! He finished a perfect day with three strong pulls - 551, 573 and finally 600 - 1829 TOT! Ernie Milhomens, 24, of Torrence, British Columbia, had a very good day as runner-up. He waived both his BP and DL thirds and went 7/7.

Dan Feddema, 33, from the host club, was credited with his huge 755 third SQ, which locked up the win in the 220 Open. Feddema finished his flawless day with an 1802 TOT. Dan Jesolva, 36, from the L.A. Lifting Club, spent the majority of last year rehabbing a torn bicep. Following surgery, he worked himself into top form. He was programmed to do 705, 452, 650 here, but a month away, he tore his other bicep. Dan decided to forgo surgery and trained as best he could. Considering that, his performance was remarkable. Dan made all three SQs and looked good for more. He succeeded with 424 BP opener, but misgrooved 435 twice. In DL he tentatively pulled 551, then 584, to 1697 TOT. He took the silver medal and proved the L.A. Lifting Club motto: "There are no limits." Tyler Hamilton, 28, earned the bronze medal with 1394. Tyler made a leap of faith from his 308 BP opener to 396, but it was too much.

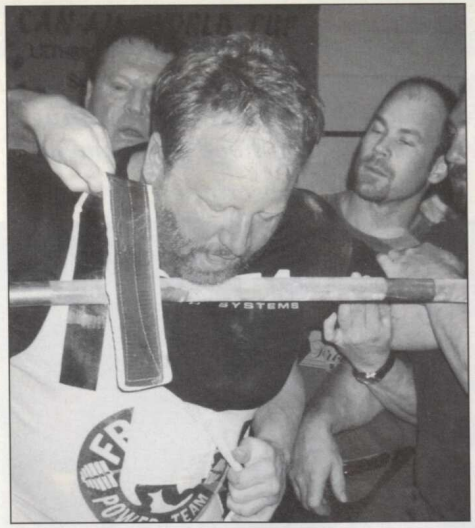
Shane Ritter, 30, of Lethbridge, put a string of nine successes together: 622, 396, 529, for 1548. The gold was his alone.

Three strong individuals battled for the 275 medals. Luke Harris, 30, 263 lbs, from Billings, MT, showed promise. Following his 722 SQ opener, he made a big jump to 782, missing twice. He pressed 424, then 435, but couldn't get 451. Luke, a good puller, manhandled 622, then 666, before 683 stopped him. He TOT'd 1824 - a fine result. Agnar Adalsteinsson, 40, 269 lbs., and Chris Carlin, 28, 274 lbs., are both from Spokane, WA. Agnar refused to bow to his younger teammate without a fight. Carlin marched through his SQ attempts without a miss, for 766. Agnar doesn't know the meaning of quit. He put forth a tremendous effort to make 799 on his last try. Agnar missed, then made 435 on his final BP. Carlin registered all three. Now the advantage was his: 1243 to 1234. Adalsteinsson pulled 666, 683 before succumbing on 705, for a 1918 TOT - a good result. Carlin finished a perfect day: 650, 683 and finally 705 for the win with a 1945 TOT. Great battle!

Jim Thompson, 38, 290 lbs., flew up with his teammate Luke Harris and took the 308 Open silver medal back home to the Big Sky Country. Jim was another one who could do no wrong, going 9/9. The Director of this great meet, Bruce Greig, 49, came in at 307 1/2 lbs. He has to be the world's strongest man for his age. He came into this contest in fantastic shape, but an unfortunate training accident, due to spotter negligence, dislocated his shoulder. Bruce had his BP up over 500 again for the first time in 10 years, thanks to the INZER EHDHP double-denim shirt, so this was a big disappointment. I've never seen Greig look stronger in the SQ: 837, 865 and finally 887, a lifetime best and Canadian record. He looked good for 903. Bruce tentatively shoved up three, and got 435 on his injured shoulder. When it comes to pulling, Bruce has no one in the world to challenge him. He raised 711, 803 and finally 826, with power to spare. He set the Canadian record last year with 859. Awesome! He smashed to oblivion his previous WPC 45-49 WR TOT of 2061, scoring and impressive 2149 here. Bruce earned the meet's Outstanding Lifter award for his effort, deservingly so. Lifting in your own meet is hard enough to do, but posting a top quality performance makes it just that much more remarkable.

In the Supers, Sean Phillips, 28, 325 lbs, of the local Lethbridge team, came in 4th with 1333 TOT. Charles Symos, 30, 314 lbs, with the Sandberg group, TOT'd 1653 for 3rd. This left Glen Snelgrove, 31, 328 lbs, of Bruce's Bunch, to take on the 29 year old, 369 lb, 5'7" Tyler Spearin. Snelgrove got an 1824 TOT and the silver medal. Spearin put his huge legs to work, dunking 782, and 826, before 870 pinned him. Tyler benched 507, then 540, but couldn't finish 551. Due to his body proportions, Spearin had great difficulty getting down to DL. He hauled up 507, then called it a day with an 1873 TOT!

A special guest lifter was none other than USA's 34 year old powerhouse from Spokane, WA, Brent Mikesell! He tore a bicep earlier this year, which kept him out of the APF Seniors, as well as the WPO qualifier. Brent came in at 324 and really didn't know where he was strength-wise, but knew he was capable of squatting close to 1000. Did we ever get our money's worth? Brent even surprised himself. His 903 SQ opener looked like a little boy's toy. He went for 1008 next, on his second attempt, taking it way down deep and powering right up with no hesitation. This set the stage for the historic lift that followed. The barbell was loaded to 472.5 kg (1041.7 lbs), the biggest lift ever. Eleven 20 kg plates, along with a 2.5 kg and 1.25 disc, were loaded on each side. The collars were reversed in order to get them secured. It was the most imposing loaded barbell I've ever seen. How could any human being support such a load, squat down, and get back up again? The lift, if successful, would surpass the recent lifts of Ed Coan (1038.3 lbs.) and Steve Goggins (1036.1 lbs.) from the WPO Qualifier only two months prior. Mikesell stabilized himself under the massive load and raised it clear of the arm supports of the Greig lift apparatus. The support arms raised clear and he awaited the signal. "Squat!" shouted head referee, Gordon Santee, and the descent began. It was well-controlled. He reached the plane of parallel, but kept right on going, then reversed gears upwards. You could see a visible strain at the sticking point, but Brent powered through it, on up until his legs were straight. The signal came and he returned it to awaiting support arms, then promptly keeled over backwards, blacking out from the exertion. The lights flashed white, all three. It was unbelievable, and indisputable. Mikesell had come and delivered.



***Brent Mikesell** briefly passed out after his monumental squatting effort!*

Brent, the soft-spoken, humble fellow that he is, took it with a grain of salt. Backstage, he smiled sheepishly when I asked him how it felt to be the strongest squatter in history. "I'm very happy I did it," he said. Brent lifted cautiously in the BP and DL, not wishing to re-injure his bicep and not knowing just how strong he really was. With ridiculous ease, he handled 429, 518, then 534, looking good for 573 or 578 had he tried it. He took it easy in the DL, doing 600, 699 and finally 744, also with power to spare. He looked good for 788, at least. Totaling 2320, while only extending himself in the SQ, indicates that he may become the 17th recognized man in history to smash the 2400 barrier, at the WPO Finals in February.

Thus ended a fantastic competition. The lack of quantity of participants was more than made up by the quality of performances. The incredible lifting by Mendelson and Mikesell was worth the price of admission itself. The awards presented were those worthy of such a great contest. Bruce's medals were a full five inches in diameter and especially designed for this competition, of the same excellent quality he gave at the 1999 WPC Worlds in Calgary. The front was a white background with three figures in gold standing on rocky soil, implanting both the US and Canadian national flags. Gold letters told the tale, "Bruce and Wendy present the Can-Am World Cup Powerlifting Championships, 2001." Everyone is hoping that the 2002 WPC Worlds will return to Canadian soil next year. That would truly be the frosting on the cake!

Can Am World Cup - 6,7 OCT 01 - Lethbridge, Alberta, Canada

Women	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT
114 / 40-44											
L. Brooks CAN	220	231	~~242~~	99	110	~~121~~	341	209	220	~~231~~	562
123											
W. Greig CAN	308	336	~~352~~	132	132	143	479	308	330	358	837
13-15											
N. Whitfield US	242	264	275	127	~~137~~	~~137~~	403	226	248	264	668
132											
K. Watson	176	220	~~275~~	88	~~99~~	99	319	176	231	242	562
18-19											
L. Kravitz CAN	~~154~~	154	187	99	~~110~~	~~110~~	286	198	231	253	540
148											
D. Fuhrman US	407	429	451	192	203	~~214~~	655	391	418	~~424~~	1073
33-39											
Spencer CAN	308	336	352	165	192	220	573	308	330	~~358~~	903
40-44											
Cameron CAN	198	220	242	99	110	~~132~~	352	198	231	253	606
Men	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
132 / 45-49											
Bobrovitz CAN	209	242	275	226	~~242~~	242	518	270	303	~~330~~	821
148											
R. Harper CAN	451	~~501~~	501	264	~~281~~	---	766	485	---	---	1218
165											
Glossbrenner	363	~~380~~	380	264	275	286	666	341	363	---	1030
33-39											
R. Martinez US	292	319	330	203	214	~~220~~	545	314	336	352	898
55-59											
G. Santee US	402	451	468	253	281	292	760	462	507	540	1300
181											
J. Skow CAN	396	451	~~485~~	220	242	~~264~~	694	451	457	462	1157
Deobieta CAN	347	402	~~435~~	~~220~~	225	~~286~~	628	347	468	~~479~~	1096
16-17											
J. Balon CAN	363	396	429	192	~~231~~	~~231~~	622	418	473	~~501~~	1096
33-39											
Johnston CAN	507	573	628	253	275	---	903	440	529	~~551~~	1421
K. Allen CAN	385	396	~~407~~	286	~~330~~	~~330~~	683	402	424	457	1140
198											
C. Evans CAN	639	694	749	440	462	479	1229	551	573	600	1829
Milhomens	600	622	650	424	440	---	1091	600	639	---	1730
40-44											
Dunford CAN	440	462	~~485~~	253	~~264~~	~~264~~	716	440	496	507	1223
45-49											
G. Irvine CAN	501	529	551	286	319	~~352~~	870	440	462	---	1311
75-79											
D. Miller CAN	297	336	~~352~~	154	176	~~198~~	512	308	341	363	876
Handicapped											
H. Russell CAN	176	198	242	154	176	198	418	220	275	319	738
220											
Feddema CAN	683	722	755	429	440	451	1207	485	562	600	1802
D. Jesolva US	661	677	688	424	~~435~~	~~435~~	1113	551	584	---	1697
Hamilton CAN	396	501	573	308	~~396~~	~~396~~	881	396	440	512	1394
33-39											
R. Estell CAN	639	~~683~~	~~683~~	352	~~402~~	~~407~~	992	606	639	~~672~~	1631
T. Andus CAN	473	507	~~529~~	385	~~407~~	~~407~~	892	473	507	~~529~~	1399
Murphy CAN	~~485~~	507	~~551~~	264	275	~~286~~	782	451	485	507	1289
40-44											
Armstrong	628	~~650~~	~~650~~	~~253~~	253	~~275~~	881	462	479	496	1377
242											
S. Ritter CAN	573	~~622~~	622	352	374	396	1018	485	507	529	1548
33-39											
Stradeski CAN	551	~~584~~	~~606~~	176	~~198~~	~~198~~	727	396	418	440	1168
40-44											
D. Fuss CAN	633	683	711	424	451	485	1196	496	---	---	1692
C. Velting CAN	529	573	595	308	352	~~363~~	947	485	529	~~573~~	1477
50-54											
Merriman CAN	407	507	529	352	~~396~~	396	925	507	606	~~617~~	1532
60-64											
S. Sandberg US	578	611	633	374	402	~~424~~	1035	578	617	---	1653
275											
C. Carlin US	722	738	766	429	457	473	1240	650	683	705	1945
Adalsteinsson	705	771	799	418	~~435~~	435	1234	666	683	~~705~~	1918
L. Harris US	722	~~782~~	~~782~~	424	435	~~451~~	1157	622	666	~~683~~	1824
20-23											
Boechler CAN	639	688	~~727~~	363	396	418	1107	507	551	617	1725
33-39											
Hyrcha CAN	650	694	738	347	363	~~374~~	1102	672	705	~~727~~	1807
40-44											
T. Brooks CAN	573	672	---	374	385	~~396~~	1058	617	661	699	1758
308											
B. Greig CAN	837	865	887	402	418	435	1322	771	804	826	2149
Thompson US	628	672	705	418	451	462	1168	650	688	711	1879
33-39											
M. Beach CAN	485	529	573	253	~~275~~	~~275~~	826	462	~~507~~	~~507~~	1289
SHW											
T. Spearin CAN	782	826	~~870~~	507	540	~~551~~	1366	507	---	---	1873
Snelgrove CAN	672	711	755	473	501	~~507~~	1256	485	545	567	1824
C. Symos US	611	661	~~705~~	407	~~435~~	~~435~~	1069	540	584	~~600~~	1653
S. Phillips CAN	~~501~~	501	---	330	~~363~~	~~363~~	832	451	473	501	1333
Guest											
B. Mikesell US	903	1008	1041	429	518	534	1576	600	699	744	2320
BENCH CHALLENGE											
132											
G. Bobovitz CAN				220	231	~~242~~					
198											
A. Butenko CAN				~~440~~	451	462					
S. Velliquette US				352	~~369~~	~~369~~					
220											
T. Kay CAN				440	473	~~501~~					
242											
D. Asplund CAN				330	341	~~352~~					
308											
S. Mendelson US				~~701~~	701	716					
					4th	~~737~~					
SHW											
L. Dejarlais CAN				440	490	501					

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Highlands Ranch, CO 80163

PLUSA

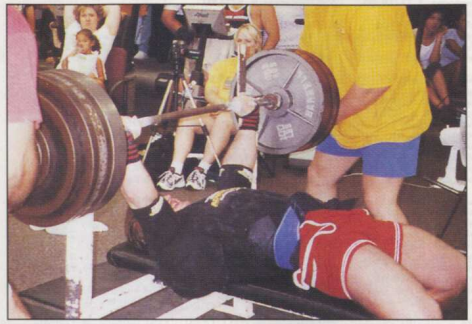
SLP Kentucky State Fair BP/DL
25 AUG 01 - Crestwood, KY

BENCH PRESS

master women 50-54		Matt Cave	470
148		M. Seeley	435
Gayle Paff	75	242	
open women		Keith Conrad	470
123		Stacy McIntyre	450
Agnes Kulmer	170*	Shawn Jones	450
148		Steve Nagel	420
Laurie Bradford	120*	275	
teenage men 16-17		Jack Jesse	490*
198		C. Magnuson	485
M. Tuchscherer	265	Joe Klarer	450
teenage men 18-19		Jeff Trent	290
148		Best Lifter - lightweight	
Ray Lesshafft	255*	- TROY TINGLE. Best	
181		Lifter - heavyweight -	
Robert Patton	340*	DEWAYNE NEALY	
Kyle Snider	305	DEADLIFT	
junior men		open women	
181		123	
Robert Patton	340	Karen Mullins	165*
198		master women 50-54	
Chris Smith	405	148	
220		Gayle Paff	225*
J. Dietrich	390*	teenage men 13-15	
242		198	
Jason Bevins	410*	C. Tuchscherer	410*
submaster men		junior men	
198		242	
Bruce Thomas	330*	Jason Levins	585*
220		sub master men	
Bill Bowen	270	198	
275		Bruce Thomas	505*
Jeff Parks	420	275	
master men 40-44		Jeff Parks	480
Rick Heine	305*	4th	500
242		master men 40-44	
Michael Slagus	385*	181	
308		Rick Heine	405*
J. Robinson	425*	308	
master men 50-54		J. Robinson	625*
shw		master men 45-49	
Rev. E. Jackson	425*	148	
master men 55-59		Mark Evans	440*
198		master men 55-59	
Robert Paff	160*	198	
open men		Robert Paff	325*
181		open men	
Troy Tingle	425	148	
Mike Burton	350	Mark Evans	440*
198		Jeff Wise	400
Dewayne Nealy	600*	198	
Jason Watson	415	Bruce Thornas	505
Clint Glore	350	Clint Glore	500
220		Jason Watson	465
Derek Barnickel	510*	242	
Clint Poore	495	Steve Nagel	545
		Brian Kelley	460
		C. Magnuson	650*

Best Deadlifter - CHRIS MAGNUSON. *Son Light Power Kentucky state record. The 2001 Kentucky State Fair Bench Press/Deadlift Championships were held at Primetime Fitness in Crestwood, Kentucky on August 25. A special thanks to owner Lewis Oliveros for hosting this event. In the bench press competition Gayle Paff successfully defended her 2000 title with 75 in the master women's 50-54/148 class. This tied Gayle's own Kentucky state record for that class. Agnus Kulmer did the same in the open 123 class, finishing with a personal and new state record 170. Not bad for a 120 bwt! Laurie Anne Bradford also got a new personal and state record at 148 with her 120 second attempt. In the teenage men's 16-17 age group Michael Tuchscherer set a new state record at 198 with a strong 265. Raymond Lesshaft got a new pr as he broke the existing record at 181 with 255. Robert Patton won both the teenage 18-19/181's and the junior men's 181 with a solid 340. Robert's mark in the teenage division was a new Kentucky state record. Kyle Snider was second at teenage 181 finishing with 305. Also in the junior division was 198 winner Chris Smith who set the state record there with 405. Jonathan Dietrich won at 220 with a state record 390 and Jason Bevins did the same at 242 with a 410 pr state record. In the submaster division Bruce Thomas got a new pr with his state record 330 at 198. Bill Bowen won at 220 with 270 as Jeff Parks took the 275's with 420. Moving to the master's classes, at 40-44/181 Rick Heine was the winner there with 305, which was another state record. Michael Slagus got tis state record at 242 with a strong 385, while James Robinson set the mark at 308 with 425. Rev. Ernest Jackson set a new Kentucky state record in the 50-54/shw class, finishing with 425. Our final master lifter was Robert Paff, winner of the 55-59/198 class. Robert finished with a new pr as well as a new Kentucky state record with his 160 second attempt. In the open men's division best lightweight lifter Troy Tingle moved up from last year's 165 class to the 181's for his second straight title, finishing with 425. Mike Burton was second at 181 with 350. At 198 it was Dewayne Nealy with his second official 600 bench at 198 and another state record for him. Dewayne even came close with a 630 pr on his final attempt. Second place at 198 went to Jason Watson who finished with a personal best 415. Clint Glore was third with 350. At 220 Derek Barnickel finished with a new state record of 510 and the win there. Second place went to Clint Poore with 495 after missing his final attempt with 510. Matt Cave was third with 470 followed by Michael Seeley's pr 435 for fourth. Keith Conrad retained his title at 242 with 470, just missing 500 for his final attempt. Stacy McIntyre was second with 450, also missing 500, followed by Shawn Jones, who weighed in thirteen pounds heavier though also getting 450. Fourth place went to Steve Nagel who finished with a personal best 420. Jack Jesse won his first state fair bench title with his state record 490 at 275. Chris Magnuson was a close second with 485. Third place went to Joe Klarer with 450 and fourth to Jeff Trent, who was competing for the first time, at 290. Dewayne Nealy's 600 at a 193 bodyweight gave him best lifter honors for the heavier classes. In the deadlift competition Karen Mullins, lifting in her first competition, set a new state record in the open women's 123 class with an easy 165. Once this girl gets her form down there will be no stopping her! Gayle Paff won her second title of the day with still another state record to her credit as she pulled a pr 225 for the win at master 50-54/148. Casey Tuchscherer, younger brother to Michael, set the record at 13-15/198 with 410. Jason Bevins took the junior 242 class with a great 585 state record, making all three attempts with ease. Bruce Thomas won his second submaster title of the day with his 505 record pull at 198. Also in the submaster class, but at 275 was Jeff Parks, who pulled prs at 480 and a fourth at 500 for the win. Rick Heine also got a state record, lifting in the master 40-44/181 class and finishing with 405. James Robinson took the 40-44/308 class with a powerful 625 record final attempt. Then at 148, in the master 45-49 division, Mark Evans pulled a state record 440 at a 141 bodyweight. Mark also took the open 148 class posting another new record there. Robert Paff set a new state record in the master 55-59/198 class finishing with 325. Second place at 148 went to Jeff Wise who finished with a personal best 400. Bruce Thomas won at 198, pulling an easy 505. Clint Glore was second with a personal best 500 and Jason Watson third with 465. Steve Nagel won at 242 with his 545 second attempt while Brian Kelley finished in second place with 460. The biggest pull of the day went to Chris Magnuson, winner of the 275 class with a strong 650 pull. Lifting at a 263 bwt. Chris was also awarded the best lifter trophy for the competition. A special thanks to my son Joey and Clint Poore for their help loading and spotting. (Thanks to Dr. Latch for sending results to *PL USA*)

BEST LIFTERS *at the Kentucky State Fair contest included (l-r) Chris Magnuson (650 DL at 275), Dewayne Nealy (Heavy Class winner with a 600 BP at 198), and Troy Tingle (Lighter Class winner with a 425 bench at 181). Photographs provided by Meet Director Darrell Latch*



Dewayne Nealy bench pressing 600 lbs., while weighing only 193

APPLICATION FOR REGISTRATION
American Powerlifting Association

Last Name _____ First Name _____ Initial _____ Date of App. _____

Street Address _____ City _____ State or Province _____

Country _____ Zip Code _____ Telephone Number _____

Date of Birth _____ Age _____ Sex _____

Mail and make checks payable to
APA
P.O. BOX 27204
EL JOBEAN, FL 33927

Social Security Number _____

Registration Fee: $20 High School Athlete: $10

Parents Initial if Under 18 yrs. _____

I Certify that the above answers are correct

X _____

Mississippi Bench Championships
Mar? 01 - Jackson, MS

Open 132 lbs.		TEEN Light	
C. Shepherd	240	M. Manning	200
B. Holly	165	B. Holly	105
148 lbs.		Middle	
T. Collins	350*	D. Collier	355
B. Permenter	290	J. Duran	310
S. Shepherd	195	T. Clark	215
165 lbs.		Heavy	
E. Salloum	360	T. Lauro	305
B. Weathersby	350	A. Bailey	295
181 lbs.		WOMEN	
J. Vining	450*	Heavy	
A. Williams	400	A. McCrary	190
D. Goree	400	G. Wren	165
D. Collier	355	Masters	
198 lbs.		Light	
C. Nelson	375	B. Cameron	330
F. Byers	360	Middle	
C. McMullen	315	S. Conley	430
220 lbs.		C. Harrell	340
R. Erb	520	T. Corrigan	330
R. Naylor	460	Masters	
J. Welch	385	Heavy	
T. Coxey	385	L. Thomas	535
242 lbs.		C. Payne	440
B. Nichols	520	B. Murphee	405
K. Riley	465	J. Lauro	300
275 lbs.		Teen Overall	
D. Letson	465	D. Collier	355
J. Buchanian	450	Masters Overall	
SHW		L. Thomas 535	
J. Wren	570	Open Overall	
D. Hill	515	J. Wren 570	
J. Bishop	460		

*=State Record. Seventy-two lifters from all over the state competed in Mississippi's largest and oldest competition, the 20th Annual State Bench Press Championships. Several state records were broken and the Courthouse Racquet Club once again dominated the team standings. The 148 lbs. class record was broken by Trey Collins with a lift of 350 pounds. In the 181 lbs. class, John Vining also set a new record with a lift of 450. In the master's superheavy class, Leon Thomas set a new record with a lift of 535 lbs. Several lifters attempted to break the 600 lbs. barrier but failed. James Wren won best overall lifter. He competed in the 275 lb. class and finished with a 570 lbs. lift.

TOP 100

For standard 181 lb./ 82.5 kg. USA lifters in results received from Oct/2000 through Sep/2001.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	805 Kamand, T..11/18/00	555 Robbins, D..12/16/00	705 Kamand, T..11/18/00	1945 Coleman, A..8/12/01
2	749 Coleman, A..8/12/01	551 Coleman, A..11/18/00	705 Caprari, T..11/18/00	1925 Kamand, T..11/18/00
3	705 Daugherty, J..11/18/00	534 Spires, K..9/8/01	705 Austin, D..4/21/01	1895 Daugherty, J..11/18/00
4	704 Austin, D..4/21/01	530 Satterfield, T..4/28/01	695 Eiseman..2/25/01	1829 Ricks, D..11/17/00
5	694 Ricks, D..11/17/00	523 Daugherty, J..11/18/00	672 Ricks, D..11/17/00	1763 Austin, D..4/21/01
6	680 Maxwell, M..11/18/00	512 McCormick, L..12/9/00	672 Woodley, L..3/3/01	1703 Wood, J..6/24/01
7	661 Wood, J..6/24/01	512 Korn III, J..7/29/01	666 Daughtery, J..11/18/00	1664 Cucurean, J..6/24/01
8	661 Wambsgans, F..8/12/01	510 Heck, B..11/18/00	665 Legard, J..12/16/00	1664 Warren, C..8/12/01
9	650 Lavelle, T..11/18/00	501 Cieri, D..12/9/00	660 Brown..1/13/01	1660 Lavelle, T..11/18/00
10	650 Blankenship, D..11/18/00	500 Will, C..4/8/01	660 Exson, C..4/7/01	1650 Crowe, B..6/16/01
11	635 Ducharme, B..3/25/01	485 Coker, J..3/17/01	650 Coleman, A..11/18/00	1645 Blankenship, D..11/18/00
12	633 Cucurean, J..3/11/01	485 West, C..3/31/01	650 Warren, C..8/12/01	1642 Funakoshi, E..3/10/01
13	630 Cuevas, S..11/18/00	480 Palmer, R..8/18/01	650 Palmer, R..8/18/01	1635 Lafoy..11/18/00
14	630 Strickland, B..3/25/01	479 Jones, L..11/18/00	650 Greene, L..8/25/01	1625 Maxwell, M..2/24/01
15	630 Crowe, B..6/16/01	475 Massellò, B..3/25/01	644 Figola, B..11/11/00	1620 Woodley, L..12/16/00
16	625 Morrow, S..6/16/01	463 McCarty, R..7/28/01	640 Bellantoni, D..7/29/01	1620 Greene,L..2/10/01
17	622 Divine, N..6/24/01	462 Ricks, D..11/17/00	639 Garofalo, R..9/23/01	1620 Morrow, S..6/16/01
18	620 Woodley, L..12/16/00	462 Scott, T..11/18/00	635 Lafoy..11/18/00	1614 Figola, B..11/11/00
19	617 Figola, B..11/11/00	462 Coleman, M..9/23/01	633 Travis, D..4/22/01	1609 Strickland, B..8/12/01
20	615 Edwards, D..3/24/01	460 Cuevas, S..11/18/00	630 Davis..3/24/01	1600 Cuevas, S..11/18/00
21	611 Robbins, B..6/24/01	460 Rubenzer, K..3/31/01	630 Jefferson, J..4/29/01	1598 Wright, C..2/24/01
22	610 Brown..1/13/01	457 Rickett, T..1/28/01	625 Decker, J..11/4/00	1595 Brown..1/13/01
23	606 Funakoshi, E..3/10/01	457 Bellmore, D..5/19/01	622 Wright, C..2/24/01	1592 Maile, L..10/20/00
24	605 Greene, L..2/10/01	451 Berry, A..11/18/00	620 Hayes, T..1/27/01	1590 Ducharme, B..3/25/01
25	605 Wiley, D..3/17/01	451 Hernandez, J..11/18/00	620 Kobrenski, B..3/24/01	1570 Coker, J..3/17/01
26	605 Cabness, T..3/24/01	451 Saito, M..2/17/01	617 Stepney, T..3/4/01	1570 Register, K..3/31/01
27	605 Piermattei, F..4/29/01	451 DeMatteo, J..9/23/01	617 Register, K..3/31/01	1565 Einfalt, L..11/18/00
28	601 Eglie, R..5/19/01	450 Lavelle, T..11/18/00	611 Bishop, B..2/23/01	1554 Galligan, J..2/24/01
29	600 Galligan, J..2/24/01	450 Vining, J..3/01	611 Wood, J..6/24/01	1554 Berry, M..4/22/01
30	600 Rivera, M..7/14/01	450 Ferrell, G.6/2/01	610 Pardue, T..12/2/00	1548 Robbins,B..6/24/01
31	600 Warren, C..8/12/01	450 Frazier, R..8/18/01	610 Hardin, P.J..1/20/01	1548 Divine, N..6/24/01
32	595 Maile, L..10/20/00	446 Agamao, A.J..11/18/00	610 Harris, J..5/12/01	1545 Decker,J..11/4/00
33	585 Lafoy..11/18/00	446 Cucurean, J..6/24/01	606 Funakoshi, E..3/10/01	1545 Piermattei, F..4/29/01
34	584 Guzman, Q..3/10/01	440 Napierata, B..3/24/01	606 Cucurean, J..6/24/01	1543 Scully, B..5/6/01
35	584 Register, K..3/31/01	440 Tingle, T..4/8/01	606 Wambsgans, F..12/2/00	1543 Wambsgans, F..8/12/01
36	584 Scully, B..5/6/01	440 Roberts, J..5/5/01	601 McNeish, K..5/19/01	1532 Egli, R..5/19/01
37	580 Einfalt, L..11/18/00	440 Crowe, B..6/16/01	600 Beck, G..10/7/00	1530 Legard, J..12/16/00
38	580 Biasetti, A..6/16/01	440 Serocki, W..6/16/01	600 Smith, J..10/7/00	1530 Palmer, R..3/17/01
39	578 Tyree, J..3/24/01	435 Contreras, D..6/16/01	600 Maxwell, M..2/24/01	1530 White, J..6/24/01
40	578 Pouliot, M..5/19/01	435 Wood, J..9/2/01	600 Yvars, A..2/24/01	1525 Perine, R..4/28/01
41	578 Baertlein, B..6/23/01	435 Maddox, D..9/22/01	600 Guetwein, P..3/17/01	1521 Greene, R..11/18/00
42	575 White, J..6/24/01	430 Wood, A..12/16/00	600 Williams, D..3/31/01	1521 Pouliot, M..5/19/01
43	573 Smith, G..11/17/00	430 Hudson, J..3/24/01	600 Haralson, C..4/7/01	1520 Garofalo, R..9/23/01
44	573 Graham, V..3/11/01	430 Waites, B..5/19/01	600 Brown, A..5/5/01	1515 Bishop, B..2/23/01
45	573 Cox, J..5/19/01	430 Zangl, G..8/11/01	600 White, J..6/24/01	1515 Wiley, D..3/17/01
46	570 Harrison, M..1/20/01	429 Cannizzaro, P..11/8/00	600 Belanger, D..7/29/01	1505 Wolter, J..1/20/01
47	570 Gibson, T..3/24/01	429 Funakoshi, E..3/10/01	600 Doster, B..8/12/01	1505 Davis..3/24/01
48	570 Williams, D..4/28/01	429 McAllister, L..3/24/01	595 Knight, M..12/3/00	1504 Beck, G..10/7/00
49	567 Gawlick, S..11/2/00	429 Marin, J..5/12/01	595 Everett, L..5/6/01	1504 Waag, N..1/28/01
50	567 Graham, D..11/11/00	429 Wood, J..6/24/01	595 Morrow, S..6/16/01	1504 Guzman, Q..3/10/01
51	567 Berry, M..4/22/01	425 Oaks, J..2/24/01	590 Blankenship, D..11/18/00	1491 Harrison, M..1/20/01
52	565 Perine, R..4/28/01	425 Conner, T..7/7/01	590 Foster, W..9/8/01	1490 Biasetti, A..6/16/01
53	562 Beck, G..10/7/00	424 Gutierrez, G..2/17/01	589 Scully, B..10/20/00	1490 Bellantoni, D..7/29/01
54	562 Wright, C..2/24/01	424 Mickell, R..6/9/01	585 Einfalt, L..11/18/00	1488 McNeish, K..5/19/01
55	562 McNeish, K..5/19/01	424 Owen, M..6/24/01	585 Biasetti, A..2/10/01	1482 Smith, G..11/17/00
56	562 Decker, J..6/23/01	420 Johnson, F..11/11/00	585 Allen, J..5/26/01	1482 Tyree, J..3/24/01
57	560 Legard, J..12/16/00	420 Taylor, S..11/11/00	584 Maile,L..10/20/00	1480 Hardin, P.J..1/20/01
58	560 Vela, F..3/24/01	420 Ross, J..11/12/00	584 Smith, G..11/17/00	1480 Jefferson, J..4/29/01
59	556 Yvars, A..2/24/01	420 Gentry, T..5/20/01	584 Hagedorn, R..11/18/00	1477 Davis, K..10/7/00
60	555 Schupbach, J..3/24/01	420 Stucke, T..6/10/01	584 House, R..11/18/00	1477 Caprari, A..3/11/01
61	551 Greene, R..11/18/00	420 Hines, T..8/18/01	584 Waag, N..1/28/01	1477 Baertlein, B..6/23/01
62	551 Santos, R..12/3/00	418 Lee, K..11/18/00	584 Halko, A..2/24/01	1471 Stepney, T..3/4/01
63	551 Carroll, L..3/3/01	418 Thomas, P..11/18/00	584 Cook, T..3/11/01	1471 Ridyard, S..3/11/01
64	551 Caprari, A..3/11/01	418 Klostergaard, J..5/6/01	584 Smith, N..3/24/01	1465 Schupbach, J..3/24/01
65	551 Sisa, B..3/31/01	418 Baertlein, B..6/23/01	584 Arceneaux, B..3/31/01	1460 Warshany..6/2/01
66	551 Schiff, M..5/19/01	415 Kamand, T..11/18/00	584 Berry, M..4/22/01	1460 Rivera, M..7/14/01
67	551 Wilson, T..6/23/01	415 Lafoy..11/18/00	580 Friday..3/17/01	1459 Yvars, A..2/24/01
68	550 Garcia..1/13/01	415 Kelly, R..2/11/01	580 Strickland, B..4/22/01	1455 Serry, P..3/25/01
69	550 Wolter, J..1/20/01	415 Carson, J..9/30/01	580 Crowe, B..6/16/01	1454 Williams, D..12/2/00
70	550 Coker, J..3/17/01	413 Maile, L..10/20/00	578 Guzman, Q..3/10/01	1450 Ross, J..11/12/00
71	550 Johnson, D..3/24/01	413 Waag, N..1/28/01	578 Pouliot, M..5/19/01	1450 Zangl, G..1/20/01
72	545 Hibbert, B..3/4/01	413 Wright, C..2/24/01	578 Robbins, B..6/24/01	1450 Kobrenski, B..3/24/01
73	545 McCrae, R..3/31/01	413 Galligan, J..2/24/01	578 Fletcher, D..6/24/01	1449 Travis, D..4/22/01
74	540 Davis, D..10/7/00	413 Dickey, T..4/29/01	578 Walker, B..6/24/01	1444 Graham, D..11/11/00
75	540 Michael, B..12/2/00	413 Craig, S..5/19/01	578 Medler, S..9/23/01	1444 Graham, V..3/11/01
76	540 Hardin, P.J..1/20/01	413 Warren, C..8/12/01	575 Almodovar, J..10/28/00	1440 Johnson, D..3/24/01
77	540 Batacan, E..3/10/01	410 Hull, D..12/9/00	575 Holmes..1/13/01	1438 Iramina, A..12/2/00
78	540 Henderson, G..3/24/01	410 Daniels, R..1/13/01	575 Ducharme, B..3/25/01	1438 Halko, A..2/24/01
79	540 Nigro, M..3/31/01	410 Mahaffey, V..4/7/01	575 Petersen, D..4/21/01	1438 Baudoin, J..3/11/01
80	540 Exson, C..4/7/01	410 Hillyard, R..4/21/01	575 Hambric, A..5/19/01	1435 Hagedorn, R..4/28/01
81	540 Goode, T..5/19/01	410 Perine, R..4/28/01	575 Piazza, T..8/25/01	1430 Pena, J..3/24/01
82	540 Scagliarini, T..5/20/01	410 Brown, P..6/23/01	573 Crigger, W..3/3/01	1430 Gibson, T..3/24/01
83	540 Walker, B..8/18/01	410 Watts, S..8/4/01	573 Caprari, A..3/11/01	1430 Sustin, D..8/26/01
84	535 Pena, J..3/24/01	410 Foster, W..9/8/01	573 Cutting, R..4/28/01	1427 Thornton, J..12/2/00
85	535 Friday..4/29/01	407 Riney, D..4/21/01	572 Russo, J..12/2/00	1427 Crigger, T..5/20/01
86	534 Baudoin, J..3/11/01	407 Delgado, J..9/23/01	570 Reid, T..11/18/00	1427 Pennell, W..5/20/01
87	534 Knockenberger..4/21/01	405 Solomon, A..11/12/00	570 Hanson, M..1/20/01	1425 Holmes..1/13/01
88	530 Lysobey, V..2/24/01	405 Blankenship, D..11/18/00	570 Zangl, G..1/20/01	1425 Edwards, D..3/24/01
89	530 Jefferson, J..4/29/01	405 Corley, B..1/13/01	570 Bermudez, O..2/3/01	1421 Hambric, A..3/4/01
90	530 Machristie, A..7/21/01	405 Hardy, B..2/17/01	570 Pugh, M..3/24/01	1421 Riney, D..4/21/01
91	530 Sustin, D..8/26/01	405 Bedore, K..3/11/01	570 Swindle, B..3/24/01	1420 Pardue, T..10/7/00
92	529 Pullum, W..12/2/00	405 Burns, M..3/17/01	570 Whitten, M..5/6/01	1416 Digiacomo, N..11/11/00
93	529 Waddell, D..12/00	405 Saber, J..6/10/01	567 Greene, R..11/18/00	1416 Knight, M..12/3/00
94	529 Bishop, B..2/23/01	405 Banks, L..7/14/01	567 Alexander, G..11/18/00	1416 Santos, R..12/3/00
95	529 Ridyard, S..3/11/01	402 Greene, R..11/18/00	567 Baudoin, J..3/11/01	1415 Reid, T..11/18/00
96	529 Smith, T..3/11/01	402 Jones, J..11/18/00	567 Riffe, T..3/24/01	1415 Cabness, T..3/24/01
97	529 Hughes, D..5/12/01	402 Haneisen, T..3/10/01	567 Perine, R..5/20/01	1415 Friday..4/29/01
98	525 Lawrence..11/18/00	402 Ridyard, S..3/11/01	567 Covarubbias, G..7/21/01	1410 Davis..1/13/01
99	525 Schexnaydre, B..1/20/01	402 Berry, M..4/22/01	567 Penny, K..8/19/01	1410 Pugh, M..3/24/01
100	525 Davis..3/24/01	402 Swackhammer..4/29/01	565 Hunter, J..10/28/00	1410 Exson, C..4/7/01

PL USA Top 100 Achievement Awards

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NEXT MONTH... TOP 198s

Corrections... . In the results of the 1991 USAPL National Masters Championships, we have been informed by the National Office that the results of F. Archabault in the 165 lb. class were actually to be listed for the 75-79 age group, rather than 65-69. Matt Copot should have been credited with a 530 lb. deadlift on the TOP 100 list for the 165s in the November 2001 edition of PL USA. Petey Cropp should have been credited with a 600 pound bench press in the 242 lb. class in the All Time Rankings in the Nov/2001 PL USA. Sheldon Weingust made a very productive move up to the Middleweight class, but his 396 bench press was not reflected on last month's ranking. He will be cracking the 400 lb. barrier shortly. On the 700 Club bench press listing in the Oct/01 PL USA, there were actually 97 performances rather than 96. We certainly do apologize for any errors that our readers find in the various lists we publish, and we encourage you to please send any corrections to "PL USA ERRORS", Box 467, Camarillo, CA 93011. Sometimes we miss lifts in our compilation, sometimes the results are not available, and sometimes the bodyweights of the competitor are not indicated - (Sometimes, it takes a while to verify the correction.).

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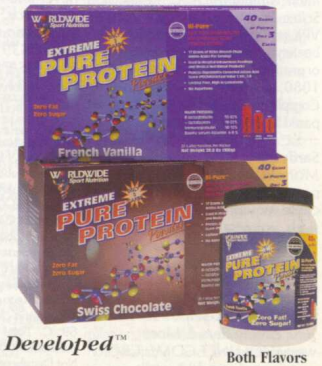

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